

Goals

Pre-reading



Questions:

- What are goals?
- Why do people set goals?

Definitions:

- Jog – a slow run
- Length – the space from one end to the other
- 5K – five kilometers

Reading

16 “I want to feel better. I want to be more alive! I’m going to start jogging.
This is my new goal,” thought Eve.

23 Eve goes to the park. She jogs to the first park bench. The next day, she
39 returns to the park. She thinks, “I can make it to the next one.” She does! She jogs
57 to the second park bench. Soon she jogs the length of the whole park!

71 Six weeks pass. Each time Eve jogs, she sets small goals. She can now jog
86 three lengths of the park.

91 One day Eve sees a sign about a 5K run. It is at the end of the summer. Eve
110 decides to jog in the 5K run. That is her new goal!

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Understanding

1. Why does Eve set a goal to start jogging? _____

2. Where does Eve jog? _____

3. How far does Eve jog the first time? _____

4. After six weeks pass, Eve can jog _____ lengths of the park.
5. What is Eve's new goal for the end of the summer? _____

Writing

Choice A: Retell the story in your own words.

Choice B: What goals do you have? How can you reach those goals?
