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

“I want to feel better. I want to be more alive! I’m going to start jogging.

This is my new goal,” thought Eve.

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

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

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