Ask your classmates: **What’s your academic or personal goal? Is it a long term or short term goal?**

**Do you have a plan to achieve this goal? How long do you think it will take you to achieve this goal?**

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| **Name** | **Write their goal here.** | **Long term or**  **short term?** | **Plan?**  **Yes or No** | **How long?** |
| Adam | I’d like to lose about 5 pounds before my brother in law’s wedding. | short term | Yes | 4 weeks |
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