

MATH AT WORK ACTIVITY



SETTING GOALS

Materials: Paper or computer to log data
Number of students: Individual project
Time needed: 30 minutes at first, 1 week to complete

A basketball player might set a goal of making 300 shots every day. What's your goal?

1 CHOOSE A SKILL TO IMPROVE

Make this activity about you personally. Are you trying to learn a musical instrument? Speak a language? Read more? Pick a skill that matters to you that you want to improve in.

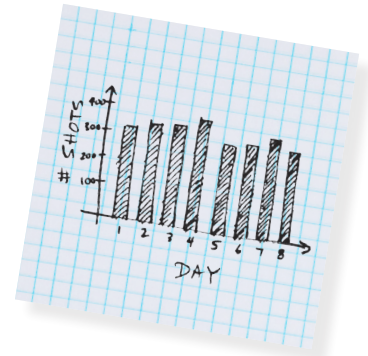
2 SET A MEASURABLE GOAL

Now set a goal that you can measure. Some ideas to help:

- Learn 10 new flash cards every day.
- Read for 30 minutes every day.
- Practice for 2 hours every week.

3 TRACK YOUR PROGRESS

Now act on it! Record your progress for at least one full week. Keep a daily log of your progress, and then when you're finished, create a graph to display it.



Write your answers to the following questions:

- How does having a measurable goal help you improve?
- What information does your graph reveal?
- What goal can you try next?

Daily Log

Day	1	2	3	4	5	6	7	8
Shots	305	320	333	391	318	325	366	330

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