

Worksheet: Creating Long-Term Goals & Establishing Intermediate Benchmarks

Objective: Write long-term goals and establish their intermediate benchmarks for each targeted BPA and prioritized RPF

Remember to be realistic when writing your goals. Nothing changes overnight! Also, keep in mind where you are at in relation to your county, state, and national norms; this can give perspective about where your community is at and where it needs to go.

The long-term goal will be for a period of 5-10 years and the intermediate benchmarks are targets set for each PAYS administration which is held each Fall in odd-numbered years.

Write a Long-Term Goal Example:

Risk Factor Protective Factor **Behavior** Perception Attitude

- What is the specific targeted BPA or Priority RPF? **30-Day Alcohol Use**
- What is the specific grade-level? **12th-graders**
- What school district or county does the data represent? **ABC County**
- What is the baseline (current) data? **35%**
- What is the goal year for your long-term goal? **2029**
- What is your goal by the goal year? **10%**
- What benchmarks must you reach each PAYS administration to reach goal?

2021 Benchmark: **30%**

2025 Benchmark: **20%**

2023 Benchmark: **25%**

2027 Benchmark: **15%**

Now put it all together:

To decrease 30-day alcohol use by ABC County 12th graders as measured by the PA Youth Survey (PAYS) from the 2019 baseline of 35% to 10% by 2029.

2019 Baseline: 35%

2021 Benchmark: 30%

2023 Benchmark: 25%

2025 Benchmark: 20%

2027 Benchmark: 15%

2029 Long-Term Goal: 10%

Directions: Use the template below to write measurable long-term goals and related intermediate benchmark for each targeted BPA and RPF. At a minimum, each long-term should cover at least 5 years. Copy this page as many times as needed to create all long-term goals to address your needs.

Risk Factor Protective Factor Behavior Perception Attitude

- What is the specific targeted BPA or Priority RPF?

- What is the specific grade-level?

- What school district or county does the data represent?

- What is the baseline (current) data?

- What is the goal year for your long-term goal?

- What is your goal by the goal year?

- What benchmarks must you reach each PAYS administration to reach goal?

2021 Benchmark: % 2025 Benchmark: %
2023 Benchmark: % 2027 Benchmark: %

Now put it all together:

2019 Baseline: % 2025 Benchmark: %
2021 Benchmark: % 2027 Benchmark: %
2023 Baseline: % 2029 Long-Term Goal: %