**Module Two – Section Two:  
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 **X 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%  **2025 Benchmark**: 20%

**2021 Benchmark**: 30%  **2027 Benchmark**: 15%

**2023 Benchmark**: 25%  **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: %