**Teacher’s Academic Goal Setting & Tracker Sheet**

**Teacher’s Name:** ___________________

**School:** __________________________

<table>
<thead>
<tr>
<th>Class</th>
<th>Subject</th>
<th>Current Class Average %</th>
<th>Target(SA1) Class Average %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example IV-A</td>
<td>English</td>
<td>55%</td>
<td>65% (10% inc.)</td>
</tr>
</tbody>
</table>

| Why do I want to achieve this goal? मैं विद्यार्थियों का रिजल्ट क्यों सुधारना चाहता / चाहती हूँ? |
|---|---|
| ✓ Make all students write their individual goals in their subject notebook. (COMPETE WITH YOURSELF) |
✓ “Each One Teach one” technique
✓ “Think, Pair and Share” technique
✓ CFU, Reflection of Topic taught |

| How will I achieve this goal? कैसे (क्या क्या करने से) ऐसा हो पायेगा? |
|---|---|
| ✓ Make students do the following Mindfulness & Yoga components”
1. MLP- self-reading / listening
2. MFP – answering / thinking / recalling
3. Mindful Breathing – for paying attention
4. MWP – writing/creative work
5. PEB – before exams or difficult qs |

**Action Plan:**
I will use the following in classroom:

Others: ____________________________

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**Setting Date:** ________________ **Verified by:** ____________________

**Final Submission Date:** ________________ **Teacher’s Signature:** ____________________