NUTRITION: WHERE CAN I IMPROVE?

Instructions: For this assessment, you will be analyzing what part of your diet needs improvement. You will then come up with and carry out a plan on how to improve that specific area of nutrition in your life.

1. Identify a concern:
   - Brainstorm some ideas on the areas you might need to improve upon regarding nutrition:

   - Now choose your top concern/area of improvement and write it below:

2. Set a goal:
   - Now determine how you will improve in this area of nutrition. You will be carrying out this goal for one whole week, so be sure you think about this one!
   - By (date)__________ I will improve __________________________ by (doing what - how you will improve your nutrition concern?)

3. Form a plan:
   - Here is my plan:
   - Who needs to do this and will help me?

   - What do I need to do (what steps do I need to take) and what do I need help with?

   - When do I need to accomplish this by?

   - Where will this be accomplished?

   - How will I be sure to accomplish this goal?
4. *Act:*
   - Here is what I accomplished:
   - I was/was not able to accomplish my goal because:

5. *Follow up:*
   - Here is what I learned:
   - What were the most successful parts of accomplishing your goal?
   - What would you change if you did this again?
   - Is this something you will continue doing for your nutrition? Why or why not?
   - What was the most important thing you learned from this experience?