

Nutrition Plan: Goal Setting

Take a moment to consider and write down any nutrition-related goals that you have and hope to achieve after completion of this course.

Date: ____/____/____

Short term goals (implemented in 1-3 months):

1. _____
2. _____
3. _____

Long term goals (>6 months):

1. _____
2. _____
3. _____

Why are you attending this Mission Nutrition course?

What are you hoping to get out of this class?

Do you have any nutrition-related questions you need to have answered before finishing this course? (i.e. any myths or infomercial secrets you've heard that you need to know if they're really true or not?)

