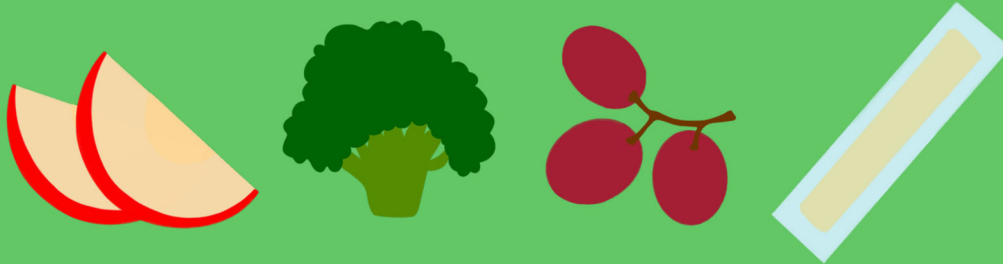# Goal Setting Skill
How To Eat Healthy

Step 1: Make the decision

Step 2: Set a goal

Eat veggies every day!

Step 3: Make a plan

Step 4: Check in
"How many veggies have I eaten today?"

Step 5: Learn
What have you learned?