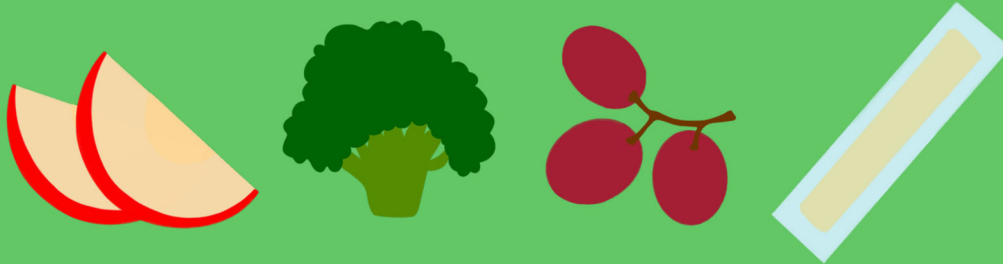


Goal Setting Skill

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?



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