

Directions:

1. Develop an action plan to improve one characteristic of your diet. For example, you might want to improve the number of complex carbohydrates you eat and lower the number of simple ones.
2. Give a copy of your plan to anyone who you think can help you reach your goal.
3. Keep a copy for yourself and look at it daily so that you can stay focused and on track.

What is your goal?

Action Steps <i>What are you going to do to reach your goal?</i>	Timeline <i>When would you like to finish each step?</i>	Resources <i>What do you need to complete each step? Think human, capital, and natural resources!</i>	Potential Problems <i>What or who might get in the way of your goal?</i>
1. 2. 3. 4. 5.		Human Capital Natural	

Evidence Of Success - *How will you know that you are making progress?*

Evaluation Process - *How will you know when your goal has been reached?*