



Put It Into Action: Homework

- Become more aware of supermarket marketing strategies
- Set a SMART goal to help you shop better at the supermarket
- Continue to use your Healthy You Journal to track and monitor your progress
- Ask yourself “Am I Hungry?”

My Goal is:

How I am Going to Achieve My Goal...

Action steps towards achieving my goal. Think about “*When, Where, How, and Who* will help me”:

Barriers/Roadblocks that might get in the way when working towards my goal:

Solutions for those barriers and roadblocks:

How confident are you that you can put this plan into action?

Rate your goal on the scale below. Change your goal until you are at least 7/10 confident you can do it.



Notes: