

## Put It Into Action: Homework



- Pick up nutrition information at your favourite restaurants or look them up online
- Make your own list of eating away from home challenges and the strategies that will work for you
- Set a SMART goal related to eating out
- Continue to use your Healthy You Journal
- Ask yourself “Am I Hungry?”

### My Goal is:

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### How I am Going to Achieve My Goal...

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

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

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**Solutions** for those barriers and roadblocks:

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### 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:**