



Goal Setting: Make a Plan and Go For It!

Name: _____ Date: _____

Congratulations! Now that you have set your goal using the *Rethink Your Drink* Pledge Cards, it is time to make a plan and go for it! Use the space below to develop a plan to help you to implement your goal.

Part I — My Plan _____

In order to meet my goal I can ...

at home:

at school:

outside home and school:

Along the way I may encounter some challenges:

I can find help to overcome these challenges by seeking out these individuals or resources:

Part II — How Did It Go? _____

Evaluate and reflect. *Did you meet your goal? Why or why not? What would you do differently next time?*

Celebrate success! *Whether you met your goal or not, you most likely made one small step towards a change. How will you celebrate?*



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