

MY GOALS

From the questions you answered on the inside, decide what goal you are going to make this week.

For example, if you do not eat very healthy food at work, your goal may be to bring baby carrots and a bag of apples to work for snacks during the week.

My GOAL:

For more information contact your local WISEWOMAN Coordinator

Name:

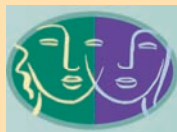
Address:

Finding Resources in Your Community for Better Nutrition

The University of North Carolina at Chapel Hill
Center for Health Promotion and Disease Prevention

North Carolina Department of Health and Human Services
NC Division of Public Health
NC WISEWOMAN Program

US Centers for Disease Control and Prevention



Questions



Very often



Sometimes



Hardly ever



Very healthy



Somewhat healthy



Not very healthy



Very healthy



Somewhat healthy



Not very healthy



Very healthy



Somewhat healthy



Not very healthy

fold

Tips

fold

Community Resources

Form area for Community Resources with multiple horizontal lines for writing and a two-column structure at the bottom.