**Group Activity- Option 2**

**Setting simple, measurable, action steps**

Purpose: This exercise is to practice working with participants to have them set simple, measurable, action steps from broad goals.

Materials: Markers, 10 Post-It pad papers with broad goal written on each:

1. I want to eat more fruits.
2. I want to eat more vegetables.
3. I want to eat more whole grains.
4. I want to eat more variety.
5. I want to eat more beans.
6. I want my 13 month old off the bottle.
7. I wish my child wasn’t a picky eater.
8. I want to lose the 30 pounds I gained with this pregnancy.
9. I want to eat less junk food.
10. I want to get more calcium.

Alternative directions:

1. Divide the trainees into groups of 4. (10 groups)
2. Each group will be assigned a broad goal.
3. Each group will choose a recorder and spokesperson.
4. The group will assign one person to be the participant and the other 3 will be the WIC staff. The staff will pose questions to the WIC participant to get them to narrow down their “broad goal” into a simple, measurable action step. The recorder will write down all the questions posed to the WIC participant to get them to narrow their goal.
5. Once the goal has been narrowed down so that is a simple, measurable action step, the recorder will write it down on the Post-It to be presented by the spokesperson.