C:\Program Files\Microsoft Office\MEDIA\CAGCAT10\j0293844.wmf Narrowing Big Goals

**Below are some sample open-ended questions you can use to help participants narrow down their big goals into action steps that are specific and measurable.**

* What might you do each week to be more active?
* What are some ways you might be more active with your child?
* How might you work on weaning your child from the bottle?
* Which high iron foods would you be willing to try?
* What fruits and vegetables would you be willing to try?
* How might you eat more fruits and vegetables?
* What kind of work-out schedule would work for you?
* What types of exercises would you like to do?
* How might you help your child eat new foods?
* How might you decrease the amount of juice your child drinks?
* How might you work on eating more whole grains?
* How might you eat smaller portions?
* What foods might you cut back on?
* What might you do to get more calcium each day?
* What foods might you try to eat to gain more weight?