Turning Big Goals into Action Steps Part 1: Writing Action Steps

For each big goal listed below, list several specific action steps you will take to reach it.

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| Big Goal: | Action Steps: |
| To eat more fruits. |  |
| To get my child to eat more vegetables. |  |
| To eat more fiber. |  |
| To get my child off of the bottle. |  |
| To lose weight. |  |
| To eat less fast food. |  |
| To eat healthier. |  |
| To get more iron. |  |
| To help my child be more active. |  |