

# Choosing a Healthier You for Life

## MY SUCCESSES

Write the skills you learned and goals you achieved under each section. How did this improve your life or the lives of your family and friends?

### New skills learned or improved:

---

---

---

---

### Goals reached:

---

---

---

---

### How your life or the lives of others changed:

---

---

---

---

This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



**EFNEP**  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

**K-STATE**  
Research and Extension

**USDA**  
United States Department of Agriculture  
National Institute of Food and Agriculture

**NC STATE**  
UNIVERSITY

**NCPH**  
North Carolina  
Public Health



**My 30-day Eat Smart and Move More goals:**

---

---

---

**My 6-month Eat Smart and Move More goals:**

---

---

---

**My 1-year Eat Smart and Move More goals:**

---

---

---

**My Lifetime Eat Smart and Move More goals:**

---

---

---

**Why are these goals important to me?**

---

---

---

**What I need to stay motivated:**

---

---

---