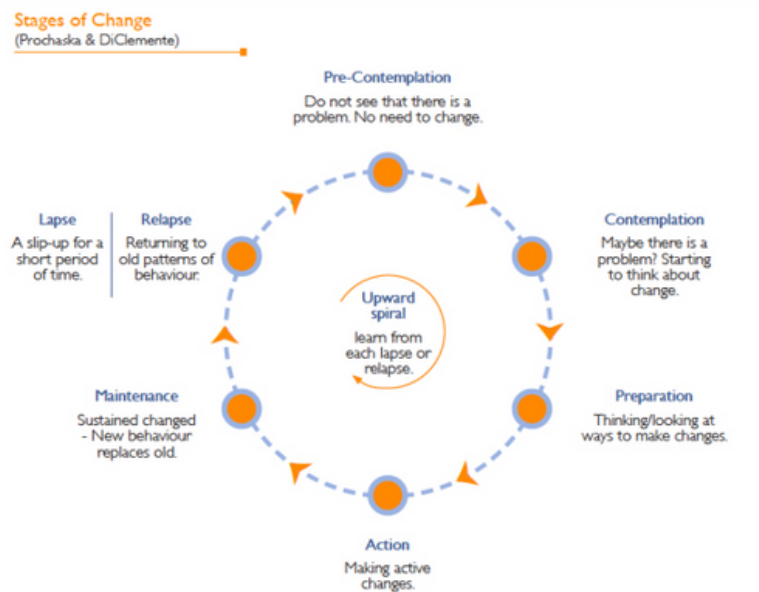


Change Making for Radical Nourishment

Things to remember for each meeting

Your Overarching goal(s) for the program: _____



S.M.A.R.T. Goal Checklist

S

Specific – be as specific as possible

M

Measurable- how will you know that you have achieved the goal?

A

Achievable – is it realistic?

R

Relevant – is it relevant to your life – now?

T

Time-bound – when do you hope to achieve the goal?