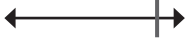

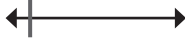
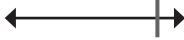













FIGURE 1.7
Evaluating My Efforts

Activity or Goal	Plan	Monitor	Adjust	Reflect	What did I do well?	What can I improve?
Example: Eating healthy snacks instead of junk food	Low High 	Low High 	Low High 	Low High 	I planned out the healthy snacks that I would eat and made sure they were available.	I monitored for a couple days, but then I stopped. I ate junk food two days in a row but didn't adjust my plan. I should keep monitoring and adjusting.
	Low High 	Low High 	Low High 	Low High 		
	Low High 	Low High 	Low High 	Low High 		
	Low High 	Low High 	Low High 	Low High 