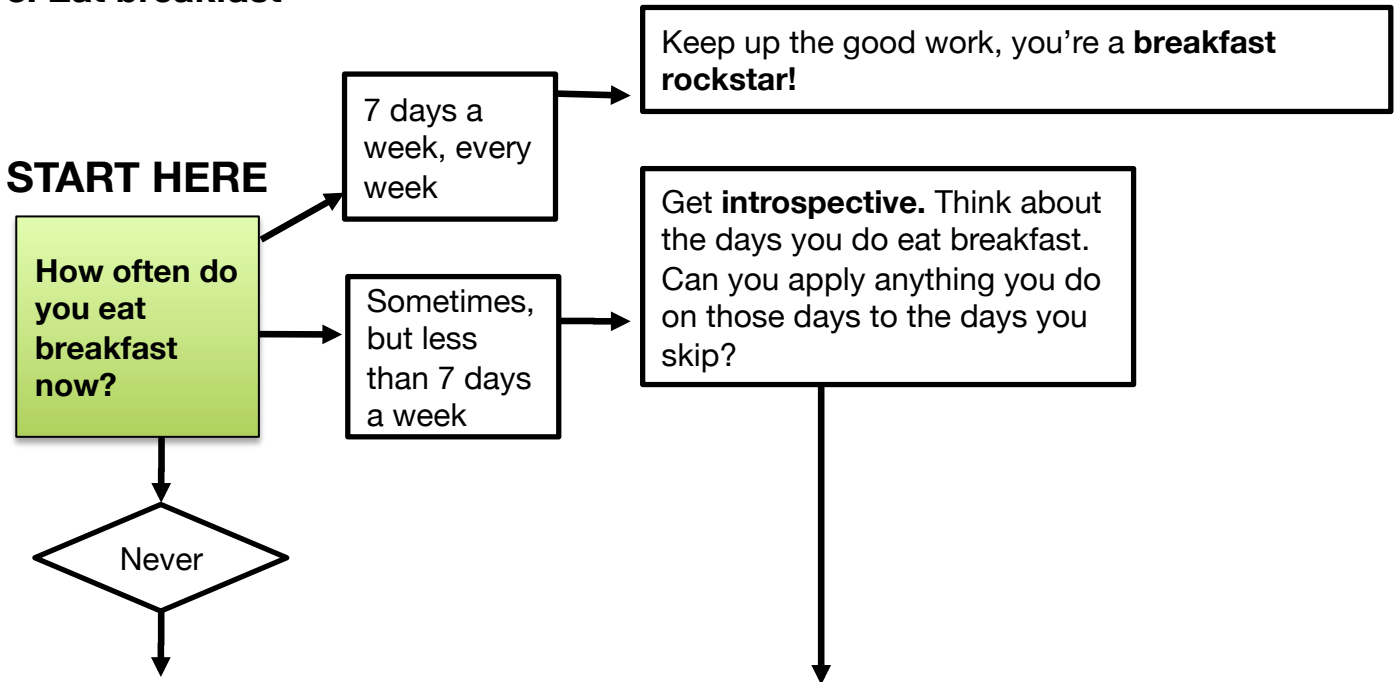


6 Steps to Keep the Weight Off

Choose your own adventure: follow the prompts and set the goals you need

3. Eat breakfast



Set a nutrition goal!	Set a nutrition goal!
Short-term goal: how many days/week can you eat breakfast next week _____	
Long-term goal: how many days/week would you like to eat breakfast eventually? _____	
Write a plan to get from your short-term goal to your long-term goal	

What steps will you have to take to achieve these goals? (i.e. get XXX at the grocery store, put a box of granola bars in the car and eat one on the way to work, make crustless quiches on Sunday and heat them up while making coffee in the morning, bring a bowl of cereal and milk to work). Include everything you need to do to achieve your goal.	

