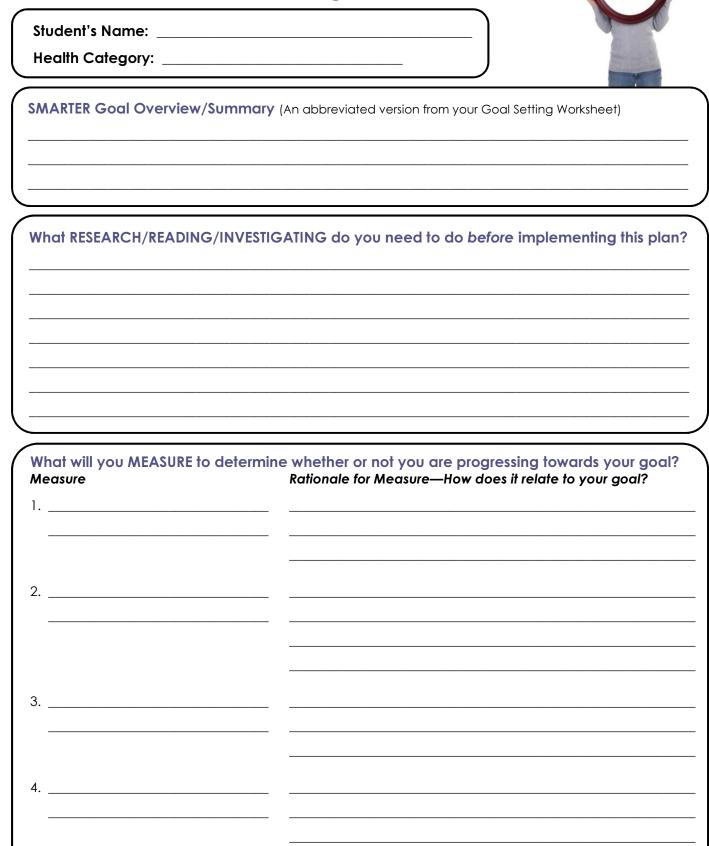
"True to You" Project

Planning Worksheet



Start Date:	End Date:
	or(s) to work towards your goal? (30 days minimum)
Start Date:	
aking your post-assessment mea	sures? (7 days total; data will be averaged for the week)
Start Date:	End Date
hat unique RESOURCES, TOOLesource/Tool/Material	S or MATERIALS might you need in working towards your goal? Purpose
53001CE/1001/Maichai	loipose
	asures and other aspects of you working towards your goal?
rpe of Record . Píctures of me working on	Rationale for Record Visually represents my working towards my goal; picture:
my project (required)	include my face in the frame (Selfies are not recommended
	have someone else take pictures of you)
Pre- & Post- Assessment Data Tables/Summaríes (required)	Provides a comparison of where I was <i>before</i> making changes in my behavior(s) and what I may have achieved as a result o
, ,	my efforts <i>after</i> the allotted time-frame (Should include the
	measures identified on front of this worksheet)
	·
	·
ho will act as your MENTOR fo	or this goal? (Mentor Guidelines available in project outline)
ame:	Relationship to You:
	g/supporting you as you work towards your health goal?
be completed in pen by the mentor only	у: