

Guidelines for Weebly Blogging:

Part 1:

Your blog should let viewers understand what your goal is to improve your health and well being.

Requirement: 1 post of a summary of your goal

Part 2:

Weekly Reflection:

Requirement: At least 1 post each week about what you did or did NOT do this week to try to reach your goal.

Possible things you can use in your post:

- Triumphs and Challenges
- Progress
- Ideas and stories
- Food experiences: (*i.e. What are you doing with food, recipes, cooking, shopping, observations, new things you've tried?*)
- Other reflections on:
 - how the EAT food activities/topics influence what you eat/choose
 - how you apply the EAT leadership topics in your volunteer work, school work, etc.
- photos
- illustrations
- questions

Part 3:

Also, please answer this question in each blog post.

How has my learning in E.A.T. sessions recently help me change my goals/or inspire me to further my goals?