

GSSN 246: Nutrition Project

Overview: This project involves you working on 1 small, healthy change.

Part 1: Preparation (1 page) **(Due Nov 1st)**

Submit just page 2 of the SMART Goal Handout, typed and appropriately filled out. (See handout.) The SMART Goal is a healthy change you will do daily, for 3 weeks.

Part 2: Action! (1 page- Nov & Dec calendar provided) **(Due Dec 13th)**

You will be doing the goal from **Thurs Nov 16th – Dec 7th (3 weeks)**.

On the November calendar provided, keep track of how you are doing with your goal, by using ✓ to indicate the days you have done your goal, and an ✗ when you did not do your goal. You will hand this calendar in.

(For yourself, keep a diary recording your progress related to your goal, which will help you when you write Part 3.)

Part 3: Reflections (1 page) **(Due Dec 13th)**

Re-state your SMART goal.

In essay format, write about your experience doing your goal, addressing the following points:

- What were barriers you've encountered i.e. challenges you've faced in meeting your goal? How did you combat challenges that came up?
- Who supported your health goal? How were they supportive, and how frequently did they provide support?
- What strategies have you found to be particularly helpful for staying on track towards meeting your goal? What was most effective in helping you keep up with your goal?
- Did it become easier for you to do your goal as the weeks progressed, or was the end just as difficult as when you started?
- What have you learned & gained from this project?
- Do you see this goal as something you could keep up long-term? Why or why not?
- Would you modify your goal?
- What impact do you think this project will have on your future health-behavior?

Formatting Guidelines:

Use Times New Roman, 12 point font, with 1 inch margins. Paper must be written with correct grammar and punctuation. Points may be deducted late submissions of any parts of this project and for not adhering to instructions.