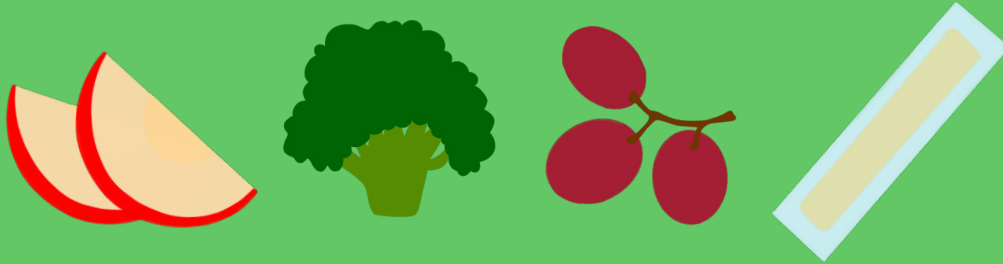


## Goal Setting Skill

# How To Eat Healthy

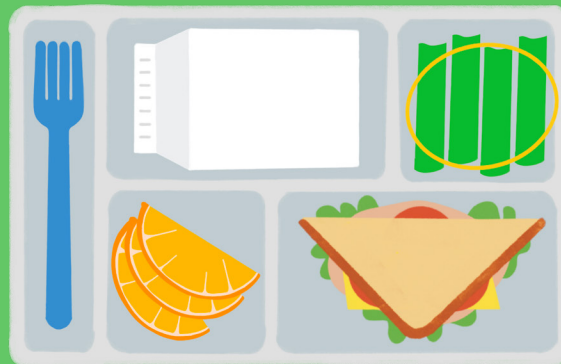
**Step 1:** Make the decision



**Step 2:** Set a goal



**Step 3:** Make a plan



**Step 4:** Check in

*"How many veggies have I eaten today?"*

**Step 5:** Learn

*What have you learned?*