

Name: _____

Program Name (if applicable): _____

ChildcareAlive! Goal Setting & Action Plan Worksheet

Instructions:

After attending the ChildcareAlive! Training, write 2 "SMART" goals. SMART goals are:
Specific, Measurable, Achievable, Results-focused, Time-bound

Regular Goal:

I want to serve more whole grains.

SMART Goal:

By March of 2018, my program will offer two servings of whole grain-rich foods three days a week.

Smart Goal #1: _____

How will you reach this goal?

Steps	Who is Responsible?	Completion Date?
1.		
2.		
3.		
4.		
5.		

Please write your second goal on the back page.

Smart Goal #2: _____

How will you reach this goal?

Steps	Who is Responsible?	Completion Date?
1.		
2.		
3.		
4.		
5.		

Notes: