JOURNALING: GAME PLAN JOURNALING AND REFLECTION

OVERVIEW

In this activity, you will add to your Game Plan by reflecting on, and writing about, two journaling prompts.

MATERIALS

You will need:

- Game Plan Notebook

Introduction

Respond to the following journal prompts. Responses should be at least two paragraphs in length. Feel free to add illustrations, diagrams, tables, or other graphics in your reflection.

JOURNALING PROMPTS

Prompt 1

How do you feel about taking control of your own eating/activity plans?

Prompt 2

How do you feel about the goals that you have set for yourself?

HOME CONNECTIONS

Share your responses with your household members and discuss ways that they can be supportive of your eating plan and goals.

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