

Name:

NFSC 465- Community Nutrition  
Community Nutrition Internship  
Spring 2009

**Nutrition Goals and Objectives:**  
*My personal nutrition goals!*

**Goal 1:**

Objective:

Objective:

---

**Goal 2:**

Objective:

Objective:

---

**Goal 3:**

Objective:

Objective:

Remember good health habits happen one step at a time. You can do it!

😊 **GOOD LUCK!** 😊