

Action Plan

My goal is BRAVO MAC HAS AN EATING DISORDER. OVER EATING.

How will I measure my success?	6 MONTHS
Date to finish	I will JOURNAL ALL MEALS DAILY.

Steps to Achieving my Goal

Description	Time Estimate	Completion date
Will attend a Dietitian class	ONE WEEK	APRIL 10th
Attend a Support Group	ONE DAY WEEKLY	SEP. 2023
weigh myself weekly	EVERY WED!	SEP. 2023

Obstacles that may arise	THANKSGIVING
	NEW YEARS EVE
	BIRTHDAYS
	PAY DAYS
How I will respond	will ONLY EAT ONE SERVING.
	stay away FROM THE TOWELS.
	DON'T EAT THE CAKE.
	NO RESTAURANTS

Helpful Tools	MEASURE MEALS
	EAT HEALTHYER
	PRAYER
Helpful Resources	FASTING Church
	School

SMART Goals

S	<p>Specific What am I going to do? Why is this important to me?</p> <p>I AM going to control MY EATING habits. SO I CAN LIVE LONGER.</p>
M	<p>Measurable How will I measure my success? How will I know when I have achieved my goal?</p> <p>BY MEASURING WEEKLY AS I TURN AWAY SNACKING LATE NIGHTS.</p>
A	<p>Attainable What will I do to achieve this goal? How will I accomplish this goal?</p> <p>DRINK MORE WATER IN THE EVENING TO REPLACE THE SNACKS.</p>
R	<p>Relevant Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?</p> <p>THIS GOAL WILL MAKE ME HEALTHYER.</p>
T	<p>Time-Bound When will I accomplish my goal? How long will I give myself?</p> <p>6 MONTHS TO ACHIEVE THIS GOAL.</p>

BRavo MAc LOWest IS A ONE, WHEN HE ~~ATE~~ AND VOMITED. HIS HIGHEST WAS A 10 WHEN HE PASSED UP THE CAKE AND ICE CREAM.