

# BUDDY GOALS

- Choose one or more of the following goals. Under each goal is an activity or two that you can choose to help achieve your goals. More ideas can be found in the program's Educational Materials.
- Choose no more than you and your buddy can realistically accomplish in the 3 weeks of the program.
- Plan to add additional goals throughout the year as your successes help make the shift to an improved food culture at work.
- **When finished, fax this completed form to the Wellness Center at 665-6140. No cover sheet is necessary.**
- At the program's conclusion, you will submit this same form with a brief description of "What We Did."



A goal should be big enough to matter, and small enough to achieve ... during March!

Buddy #1 Name: \_\_\_\_\_ Z#: \_\_\_\_\_ Phone #: \_\_\_\_\_

Buddy #2 Name: \_\_\_\_\_ Z#: \_\_\_\_\_ Phone #: \_\_\_\_\_

## We plan to:

- Support each other's healthy eating goals at work meals.
  - Breakfast Swap – Bring a breakfast for your buddy one designated day each week for 3 weeks. (This is a good objective for buddies who often skip breakfast and are trying to change.)
  - Lunch Swap – Bring a lunch for your buddy one designated day each week for 3 weeks. (Buddies who work shifts could decide on a dinner swap.)
  - Make dining out or take-out food changes. Examples: Brown bag-it more often – at least \_\_\_\_\_ days/week; select restaurants or take-out food establishments that offer healthier options; or agree ahead of time to split an entrée (&/or dessert if you usually both order).
- Support each other's healthy snack options during the workday.
  - Snack Swap – Bring snacks for you and your buddy on alternating weeks for 2 weeks. (This is a good objective for buddies who are too often tempted by the vending machine or other workplace snacks.)

### *Take the Break Room Challenge!*

- Support each other's healthy eating strategies in work situations that include food, e.g. potlucks, food brought into meetings, break rooms, etc.
- Other (You may want to look at TEAM POWER: Survey and Goals for more ideas)

## What We Did:

(Leave blank until program conclusion.)