

Nutrition on a Mission

Mission Log: Week 2 Report | Group Health Coaching | August 24, 2022

Instructions: To receive credit for completing this week's mission, fill out the form below *in full* and email it to HealthCoach.OSUHealthPlan@osumc.edu within one week.

Be sure to save this form to your PC before you fill in your answers. You may fill out the PDF electronically or print the form, complete it by hand, and return a scanned version back by email.

How many plant foods did you eat each day?

Name the types of plant foods you ate each day. Then, count and record the number of foods each day. Add up your total number for the end of the week.

Wed	Thu	Fri	Sat	Sun	Mon	Tue
Wed #	Thu #	Fri #	Sat #	Sun #	Mon #	Tue #

Total Plant Foods eaten this week:

Reflection questions on page two

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How challenging was this mission for you?

1 - Easy!

2

3

4

5 - Hard!

How will this change benefit you in the future?

We understand that some individuals won't be able to complete each nutrition mission.

If you were NOT able to do this week's mission, please share what you did well for nutrition this week!

Want to talk to a health coach about your nutrition mission?

Yes! I need a coach.

Days/Times you're available?

Full first and last name.

Yes! I have a coach.

Bring it up in your next scheduled coaching call!

No thanks. I'm OK on my own.