

# Nutrition on a Mission

Mission Log: Week 7 Report | Group Health Coaching | September 28, 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](mailto: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.

## Which days did you cut back on sugar this week?

Wed  Thu  Fri  Sat  Sun  Mon  Tue

Tell us about what you tried!

## 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.  Yes! I have a coach.  No thanks. I'm OK on my own.

Days/Times you're available?

Bring it up in your next scheduled coaching call!

Full first and last name.