



Program Assistant _____ Unit Name _____

Individual or Group Name _____ Date Enrolled _____ End Date _____

Weight Control Lessons taught? Yes No

Eating Smart and Moving More					
Title of Lesson	Check if needed	Date taught	Teaching Methods		Comments
			Indiv	Group	
Intro Lesson: Entry Family Record					
Core Lessons:					
MyPlate					
Shop for Value: Get the Facts					
More Fruits and Vegetables					
Plan: Know What's for Dinner					
Fix It Safe					
Smart-size Your Portions					
Optional Lessons:					
Move More Throughout the Day					
Shop: Get the Best for Less					
Fix it Fast, Eat at Home					
Smart Breakfast Choices					
Making Smart Lunch Choices					
Smart Choices When Eating Out					
Smart Choices - Fast Food					
Making Smart Drink Choices					
Choose, Plan, and Do					
Limit TV					
Lifecycle Lessons:					
Pregnancy					
Breastfeeding					
Infants					
Children					
Farmers Market Mini Lesson					
Exit Family Record					



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