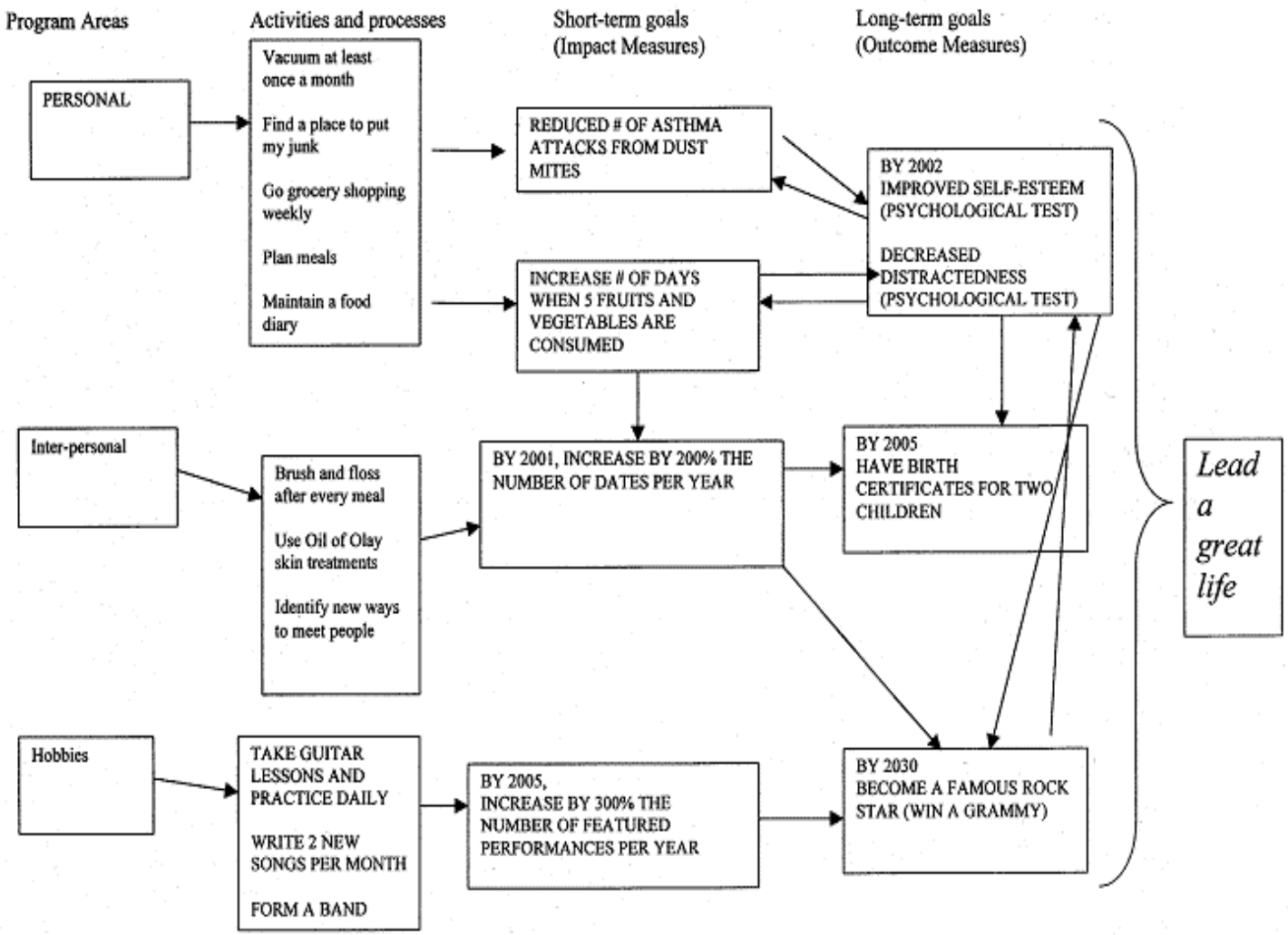
Program Areas
Activities and processes
Short-term goals (Impact Measures)
Long-term goals (Outcome Measures)
PERSONAL
Vacuum at least once a month
Find a place to put my junk
Go grocery shopping weekly
Plan meals
Maintain a food diary
REDUCED # OF ASTHMA ATTACKS FROM DUST MITES
INCREASE # OF DAYS WHEN 5 FRUITS AND VEGETABLES ARE CONSUMED
BY 2002 IMPROVED SELF-ESTEEM (PSYCHOLOGICAL TEST)
DECREASED DISTRACTEDNESS (PSYCHOLOGICAL TEST)
Inter-personal
Brush and floss after every meal
Use Oil of Olay skin treatments
Identify new ways to meet people
BY 2001, INCREASE BY 200% THE NUMBER OF DATES PER YEAR
BY 2005 HAVE BIRTH CERTIFICATES FOR TWO CHILDREN
Hobbies
TAKE GUITAR LESSONS AND PRACTICE DAILY
WRITE 2 NEW SONGS PER MONTH
FORM A BAND
BY 2005, INCREASE BY 300% THE NUMBER OF FEATURED PERFORMANCES PER YEAR
BY 2030 BECOME A FAMOUS ROCK STAR (WIN A GRAMMY)
Lead a great life