

LESSON TOPICS
Participant Progression Report

To be completed by staff

Participant	Enrollment Number	Program Assistant
Record comments by the participants. Write in any other lessons taught.		
DATE TAUGHT	CORE LESSON*	COMMENTS ONLY
	Welcome to Eating Smart Being Active	
	Get Moving!	
	Plan, Shop and Save	
	Fruits & Veggies: Half your Plate	
	Make Half your Grains Whole	
	Go Lean with Protein	
	Build Strong Bones	
	Make a Change	
	Celebrate! Eat Smart and Be Active	

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