

**Resources: Introduction**

**MealSense Mealtimes Goal List**

Pre-Program: Complete this goal list at the beginning of MealSense Program.

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<b>Mealtimes Goal</b>	<b>Level of Importance (1-very, 2-somewhat, 3-a little)</b>

### MealSense Mealttime Goal List

Post-Program: Complete this goal list once you have completed the MealSense Program.

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<b>Mealttime Goal</b>	<b>Level of Importance (1-very, 2-somewhat, 3-a little)</b>