

Success Story CA Worksheet

1. Think of the people you've taught in this class. Is there anyone who sticks out in your mind who has talked about changes they have made?
2. If yes, write down all the details you can think of about this person. The name is not needed, but do include details like "single mother with 4 children," "grandmother," or "has Type 2 Diabetes".
3. What has this person shared with you (or the class) that they are now doing because of your classes? For example:
 - a. Are they saving money now?
 - b. Have they lost weight?
 - c. Has their health changed?
 - d. Are they preparing more meals at home?
 - e. Are they serving healthier foods to their children?
 - f. Are they making healthier choices about food?
 - g. Are they doing more physical activities, with or without their children?
 - h. Has anything changed in their work?
4. Describe what they did prior to your classes compared to what they are doing now.
5. Describe what they are now doing because of what they learned in your classes?
6. Have other members of their families made changes too?
7. Describe how the change relates to the lessons and discussions you had with the class