

Starts At Eight

My Goals For This Month

October 2011



Goal One:	Goal Two:	Goal Three:
This is a goal I chose once before and had little success, so I am going to try again. Add 1 recipe a week to my recipe tab on my blog.	Plan our Africa unit for the second half of the year.	Cut back on my food intake in an effort to drop the extra pounds I have put on
Steps To Achieve:	Steps To Achieve:	Steps To Achieve:
<ol style="list-style-type: none"> 1. Take photos of at least 2 meals each week 2. Pick recipes that I know I want to put up on my blog to make during this month 	<ol style="list-style-type: none"> 1. Decide which countries in Africa to focus on based on resources available 2. Determine what basic facts to cover for each country as well as something special to each country 3. Search the library for books to supplement with. Make a list of books to take out for each country. 4. Divide the work over 18 weeks. 5. Organize printed papers, resource sheets, etc into the 18 divided weeks. 6. Create the lesson plans in Homeschool Tracker and then file the weeks into their folders 	<ol style="list-style-type: none"> 1. Stick to my set breakfast 2. Keep lunch to no more than 200 calories 3. Be mindful of my portions at the dinner table 4. Don't eat a snack every night 5. Possibly add in a protein shake of some sort to ease the feeling of hunger