

## MyNutriWeb Behaviour Change Symposium 6<sup>th</sup> October

### 2022 Reflective Activity

If I could summarise the day in one word, what would it be?

You can download the word cloud from mentimeter and attach that to this reflection.

What am I taking away from today?

What one thing would I like to work on in my own practice?

What support needs to be in place to make that happen?

How will I measure my success?

When will I make this happen?

How will I review my progress?

Completed By:

Date: