

CulinaryMD

The Big Picture

CulinaryMD Vision and
monthly CulinaryMD
Goal.

CulinaryMD Vision:

When creating your CulinaryMD Vision, you might want to think about: What are your dreams in relation to home cooking? What excites you about healthy cooking? Why is it important for you to learn Culinary Medicine? Feel free to dream about things you want to do, without considering obstacles that might get in the way.

My CulinaryMD Vision is:

CulinaryMD Goals:

Create Goals that are important to you and that you feel confident can be accomplished in the next coming months. Goals that are tangible using SMART (Specific, Measurable, Achievable, Relevant and Time specific). In a separate sheet, organize your weekly goals for the next 6 months that you are enrolled in this course. Please make sure you don't forget your personal health goals apart from your professional practice.

Culinary Medicine Certification Course

www.culinarymd.org

