

YOUR ROADMAP

Follow each step and check or cross it off as you go.

Start Here

Say Hi to your group in the Healthie Group Chat!

Login to your Living Plate Dashboard. We left you a note.

Watch video lesson 1 and fill in the blanks as you watch.

Play-In-The-Kitchen Challenge #1

Share a picture with the group this week. (For ex: Something you made from home)

Play-In-The-Kitchen Challenge #3

Watch video lesson 3 and fill in the blanks as you watch.

Share your simplified or balanced meal on week 3!

Play-In-The-Kitchen Challenge #2

Watch video lesson 2 and fill in the blanks as you watch.

Share your progress or a word of encouragement!

Watch video lesson 4 and fill in the blanks as you watch.

Play-In-The-Kitchen Challenge #4

Share your progress or a word of encouragement!

Watch video lesson 5 and fill in the blanks as you watch.

Play-In-The-Kitchen Challenge #5

Complete the end-of-course survey to unlock bonus lessons.

Share your progress or a word of encouragement!

Play-In-The-Kitchen Challenge #6

Watch video lesson 6 and fill in the blanks as you watch.

Share your progress or a word of encouragement!

Send us your completed roadmap for a prize!

Celebrate!

I _____ verify that I completed all steps in the roadmap.

Hooray! You did it!