

## CULINARY COLORS' CHECKLIST

Dr. Estrella Delgadillo, N.D.

	Meal Plans Completed x 7 weeks
	Weekly Grocery List Completed
	Itinerary Completed
	Reviewed Video for Shopping, Cleaning, & Storage of Food Items
	Reviewed Grab N Go Video (Making your home into a convenience store)
	Completed ECT Form
	Reviewed Principles of Health Video
	Review Video on how to operate Rice Cooker Delayed Timer
	End of Course Quiz Completed and Submitted
	Post at least 3 entries to 3 different classmates, including responding to their questions (in the classroom dashboard)
	Posted on the blog, a brief explanation of your experience
	Post testimony on the Share Page at <a href="http://www.customlifecoaching.com">www.customlifecoaching.com</a>
	Reviewed R.E.S.I.S.T. form for reinforcement in times of temptation
	Receive List of Overcoming Obstacles
	Received contact number for weekly Conference Call Session "Ask Dr. D."
	Submitted A Review of the Course