Module Progress Log

This log is designed to help you track your progress with the HealthyWEY e-learning toolkit.

It is optional and you do not need to share with anyone.

You may find using the log helps you to:

a) Plan which modules you are going to do and when you will do them

b) Remember what you have learned and keep notes on where to find information again

b) Flag any areas you’d like to reflect on with your local Child Weight Champions

NB The cells will expand as you type in them, so use as much space as you need.

| Module name | When do I plan to do this module? *(note if not applicable)* | Date started | Date completed | Key learning points  | Notes *e.g., links to pages with key information, questions to ask Child Weight Champions, how long the module took (might be helpful for others)* |
| --- | --- | --- | --- | --- | --- |
| Communicating with parents about child weight |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Behaviour change techniques |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Why weight matters |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Assessing weight in young children |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Infant and child nutrition  |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Physical activity and sedentary behaviour |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Nutrition, physical activity and weight during pregnancy |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Cultural considerations |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |
| Roles and responsibilities |  | Click or tap to enter a date. | Click or tap to enter a date. |  |  |