**General Components**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Session** | **Weather//Temp** | **Number of Participants** | **Actual Start Time** | **Material set up (if applicable)** | **Did you review the weekly journal?** | **Did you share handouts?** | **Did you share newsletter?** |
| 1 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |
| 2 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |
| 3 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |
| 4 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |
| 5 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |
| 6 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |
| 7 |  |  |  |  Yes No |  Yes No |  Yes No |  Yes No |

**FIG Components**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session** | **Opening** | **Permaculture Principles** | **Yoga Shapes / Practices** | **Garden Lesson** | **Recipe Demo** | **Journal**  | **Other** | **Closing** |
| 1 |  Yes No |  Yes No |  Yes No |  Yes No | Yes No | Yes No |  |  Yes No |
| 2 |  Yes No |  Yes No |  Yes No | Yes No | Yes No | Yes No |  |  Yes No |
| 3 |  Yes No |  Yes No |  Yes No | Yes No | Yes No | Yes No |  |  Yes No |
| 4 |  Yes No |  Yes No |  Yes No | Yes No | Yes No | Yes No |  |  Yes No |
| 5 |  Yes No |  Yes No |  Yes No | Yes No | Yes No | Yes No |  |  Yes No |
| 6 |  Yes No |  Yes No |  Yes No | Yes No | Yes No | Yes No |  |  Yes No |
| 7 |  Yes No |  Yes No |  Yes No | Yes No | Yes No | Yes No |  |  Yes No |