

## CHEERS Champion: Knowledge Sharing

### SHARE-it-back

Use this page while you are working through the module to collect information you might want to SHARE BACK with your coworkers. It can also be helpful when building SMART goals.

Module  
Topic

<b>S</b>	<b>Summary</b> Combine information into key points.	
<b>H</b>	<b>Helpful</b> List ideas that you find useful.	
<b>A</b>	<b>Aha-Moment</b> Note a moment of insight or discovery.	
<b>R</b>	<b>Resources</b> Record information or tools that support healthy choices.	
<b>E</b>	<b>Engage</b> Think of ways to use the inform	

Notes: