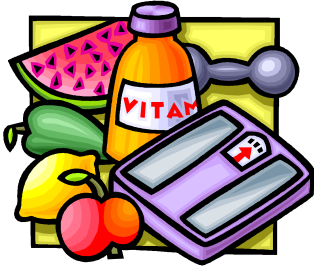


HOW I WILL REDUCE MY RISK

EATING BETTER



ACTIVITY



REDUCING UNHEALTHY HABITS



My Goal (What I want to do – example: start exercising):

My Action Plan (How I will do this – example: walking):

My Commitment:

I, _____, agree on _____ (date)

to _____

(activity, how often, length of time – example: walk 4x/week for 30 minutes)

by _____ (set a start date).

How likely are you to follow through with these activities?

Not Likely 1 2 3 4 5 6 7 8 9 10 Very Likely

What might get in the way of your completing these activities?

Solution(s) to the above barriers.
