

How Ready Are You To 5210 Everyday?

O or more servings of fruits & vegetables. Limit 100% juice. hours or less of recreational screen time. hour <u>or more</u> of moderate to vigorous physical activity. U sugary drinks! Restrict soda, sugar-sweetened sports & fruit drinks.

IMPORTANCE

On a scale of 0-10, how important is it to you to make a change toward a healthier lifestyle?

0 Not Impor	2 rtant	3	4	5 Somewha	6 t Important	7	8	9 Ver	10 y Important		
Why didn't you choose a lower #?			Why	Why didn't you choose a higher #?				What would increase importance?			



CO	NFIC	DEN	CE
10 1	C 1	4	(1)

On a scale of 0-10, how confident are you that you can succeed?

0 2 Not Confident	3	4	5 Somewhet	6 Confidant	7	8	9 Voin	10 Confident
Not Confident			Somewhat Confident			Very Confident		
What would make you more confident?			What might your next steps be?			What is your plan?		