



Am I ready for change?

Ready (sum of the two categories below)

Benefits of using a meal plan: _____

Risks of not using a meal plan: _____

Total: _____

Not ready (sum of the two categories below)

Costs of using a meal plan: _____

Benefits of not using a meal plan: _____

Total: _____

Compare the two totals.

Which is greater? _____



You have choices.

You can choose ...

- to eat on a regular schedule.
- to make healthier choices.
- to reduce portion sizes.

You can choose health.

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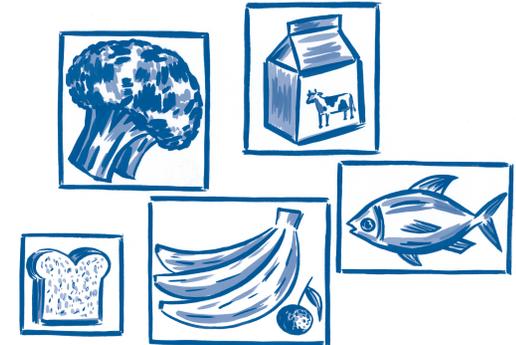
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Thinking some more about a meal plan

Stage of change

Contemplation

2



This pamphlet is for you if you are willing to think about using a meal plan.



What is a meal plan?

A meal plan is a guide that helps people know when, what, and/or how much to eat.

- It helps people eat on a regular schedule.
- It helps people make healthy choices.
- It helps people reduce their portion sizes.



What are the benefits and risks of not using a meal plan?

Before changing a behavior, we weigh the benefits and risks of not changing it. What are the benefits (and risks) for you?

Benefits of not using a meal plan:

Risks of not using a meal plan:

How many benefits (and risks) are there?

Benefits of not using a meal plan: ____

Risks of not using a meal plan: ____



What are the benefits and costs of using a meal plan?

What are the benefits and costs of using a meal plan?

Benefits of using a meal plan: _____

Costs of using a meal plan: _____

How many benefits (and costs) are there?

Benefits of using a meal plan: _____

Costs of using a meal plan: _____