

## **NTRS 3150**

### **Journal Prompt 3**

Describe a health or food behavior you would like to change. Examples may include: floss teeth, wear sunblock, manage blood sugar, increase activity intensity, eat more fruits and vegetables, eat less processed foods)

- Identify and explain your stage of change for this behavior:
  - a. I won't or I can't
  - b. I may
  - c. I will
  - d. I am
  - e. I still am
- List the benefit/pros and costs/cons of making the change and of staying the same. See Decisional Balance Worksheet, as an example.
- On a scale of 1-10 with 10 being the highest, how important is this change to you? Using the same scale, how confident are you in being able to make the change? What could you do to increase your numbers on each scale? Elaborate.
- Draw a symbol or image that represents you successfully achieving this change in the near future.