

This week I will:

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

_____ (what)

_____ (how much)

_____ (when)

_____ (how often)

How confident are you that you can do

your plan? Score: ____

0 1 2 3 4 5 6 7 8 9 10