Thinking some more about checking your blood sugar

Stage of change

Contemplation

You have choices in life. You can choose health. Are you ready?

I'm ready.
I will ____________________________
__________________________________
__________________________________

I'm not ready yet.
I will ____________________________
__________________________________
__________________________________

This pamphlet is for you if you have never checked your blood sugar and are willing to think about it.

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What are the benefits and risks of not checking my blood sugar?

Before deciding to check blood sugar, you compare the benefits and risks of not checking it. What are the benefits and risks for you?

Benefits
- □
- □
- □

Risks
- □
- □
- □

How many benefits and costs are there?

Benefits of not checking blood sugar: __________

Risks of not checking blood sugar: __________

What are the benefits and costs of checking my blood sugar?

You also weigh the benefits and costs of checking blood sugar. What are the benefits and costs for you?

Benefits
- □
- □
- □

Costs
- □
- □
- □

How many benefits and costs are there?

Benefits of checking blood sugar: __________

Costs of checking blood sugar: __________

Am I ready for change?

Ready
(sum of the two categories below)

Benefits of checking blood sugar: __________

Costs of checking blood sugar: __________

Total: __________

Not ready
(sum of the two categories below)

Benefits of checking blood sugar: __________

Costs of checking blood sugar: __________

Total: __________

Compare the two totals. Which is greater? __________