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.

Thinking some more about a meal plan

You can choose health.

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

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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: ___