

Commitment to Change Worksheet

| Question | Health Goal |
|---|-------------|
| What was your purpose when you joined TOPS? Is that goal still valid? | |
| Do you still want to be healthy? If so what are you doing to get there? | |
| ? Is it working for you? If not, why are you still doing it? | |
| What behavior change are you planning to make? | |
| What are some reasons to make this change? | |
| What are some reasons <i>not</i> to make this change? | |
| How strongly do you want to change? How confident are you that you'll succeed? | |
| What is keeping you from changing right now? | |
| What steps will you take to make the behavior change? | |
| Will you need any help? Do you have any role models? | |
| When will you start taking action? Give a specific date. | |
| What obstacles do you expect to face? How do you plan to address them? | |