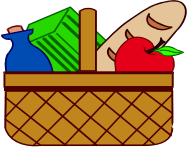


MY Experiment



Nutrition

One way I want to improve my health is (e.g. be more active):

My experiment for this week is (e.g. walk 4 times):

When I will do it (e.g. mornings before breakfast):

Where I will do it (e.g. at the park):

How often I will do it (e.g. Monday through Thursday):

What might get in the way of my experiment (e.g. I have to take the children to school one day):

What I can do about it (e.g. I'll choose days when I don't take them to school):

How successful do I think I will be (Mark the scale below):



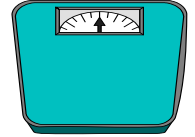
Alcohol

Other



Follow-up plan (how and when): _____

Name: _____



Weight



Exercise



Stress



Medications



Smoking