Name ____________________________

**What are you ready to do?**

*Use this worksheet to help you choose a healthy lifestyle goal that you’re ready to work on.*

### 1. Narrow Your Concerns

#### What are your biggest health concerns?

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
</table>

**Which concern are you most ready, willing, and able to work on NOW?**

On the ruler, write the letter of each concern above a number to show how ready you feel to work on it right now.

[0 1 2 3 4 5 6 7 8 9 10]

**Not ready** | **Unsure** | **Ready**

Circle the concern you marked farthest to the right. Choose to work on this concern.

### 2. Narrow Your Behaviors

#### What specific behaviors or actions would help you with this concern?

Talk with your healthcare providers for ideas about what’s proven to help most.

______________________________________________

**Which behavior or action are you most ready, willing, and able to do NOW?**

Consider the ruler again.

[0 1 2 3 4 5 6 7 8 9 10]

**Not ready** | **Unsure** | **Ready**

Set your goal around the behavior or action you’re most ready to do.

### 3. Set Your Goal

*My goal: ____________________________*

**Now make an Action Plan to help you reach your goal.**