

Make a Firm Decision

Instructions: After a careful review of your answers to the homework from sessions one and two, please complete the following

1) On the following scales, from 1 to 5, what number best reflects how ready you are at the present time to make a firm decision to change: *Something about your nutritional lifestyle habits?* **CIRCLE ONE**

Not Ready To Change	Thinking of Changing	Undecided/ Uncertain	Somewhat Ready	Very Ready to Change
1	2	3	4	5

Something about your exercise lifestyle Habits? **CIRCLE ONE**

Not Ready To Change	Thinking of Changing	Undecided/ Uncertain	Somewhat Ready	Very Ready to Change
1	2	3	4	5

2) If you circled a number other than 5, what would it take for you to move to a 5?

Example: I would have to get more honest with about why I am reluctant to change this habit. Part of my reluctance has to do with past failures. I would have to decide to go for it in spite of my fears. Since this is probably one of the best opportunities I will have to learn how to improve my future, I'm going to go back over the previous questions more candidly. I hope that will prepare me to be ready to change.

Your decision to change in your nutritional lifestyle

1) If you are ready to make a firm decision to change some of your nutritional lifestyle habits, indicate what you have decided to do by completing the following sentence. "After carefully considering what I want my future life to be like, I have made a firm decision to:

(Examples: "Eat at least 5 – 7 servings of fresh fruits and vegetables every day," or "Drink water instead of soda," or "Replace _____? _____ with _____? _____," or "Prepare and eat healthy snacks each day," or "Read food labels and make healthy choices," or "Consume healthy fats and avoid unhealthy ones," or "Modify the portion size I eat and give my body only the calories it needs to be robustly healthy and not over-weight" or "Choose nutritionally packed and healthy foods over unhealthy foods and snacks" or "When eating out, choose the healthier options on the menu")

2) What steps will you take to implement your nutritional lifestyle changes? Be specific, and make a list of the action items necessary to make your decision a daily reality. Where ever possible, decide when you are going to do each task.

(Examples: " I will stop by the store this evening to pick up some snack vegetables and fruits." "Tomorrow morning I will give away my stash of unhealthy goodies from my drawers at work." "I will take a large zip lock bag full of fruits and vegetable snacks with me to work tomorrow." "Saturday morning I will clear out all the unhealthy snacks from my pantry." "Tomorrow morning I will plan out healthy meals for next week," "I will count the number of servings of fresh fruits and vegetable each day for 21 days to evaluate how I am doing." "I will log my progress on my nutritional goals in the Orriant portal every evening at bedtime.")

Your decision to change in your exercise lifestyle

1) If you are ready to make a firm decision to change some of your exercise lifestyle habits, indicate what you have decided to do by completing the following sentence. "After carefully considering what I want my future life to be like, I have made a firm decision to:

(Examples: "Always take the stairs – not the escalator or elevator" or "Use a step tracking device and take ? steps each day" or "Always park away from the entrance so I can get in some extra steps" or "Go for a walk/jog/run every day," or "Do the following exercises everyday," or "Get ? minutes of aerobic exercise each week," or "Get ? minutes of resistance exercise each week," or "Do an exercise video workout 5 days a week," or "Join a gym and attend 5 days each week" or "take up the following sport ? and have a game each week," or "Take up water aerobics at the pool," or "Train to participate in an upcoming race (5k, 10k, half marathon, full marathon, fun run etc.)"

2) What steps will you take to implement your new exercise changes? Be specific, and make a list of the action items necessary to make your decision a daily reality. Where ever possible, decide when you are going to do each task.

(Examples: " I will pick up an inexpensive step tracking device/(or treat yourself to an expensive apple watch." "Tomorrow morning I will sign up for ? ." "This weekend I will start ? ." "I will sign up/join a ? by this time on ? ." etc.)