

Stages of Change Chart for Clients

Think about your readiness to make each of the following changes that will lead you toward a healthier lifestyle. Fill in today's date in the appropriate boxes. This will help you see where to direct your efforts to increase your chances of success. We'll track your progress over the coming weeks.

Weight-Loss Behaviors	I'm not interested in doing this.	I've thought about doing this.	I've tried to do this sporadically, and intend to do this again soon.	I've been doing this successfully for fewer than six months.	I've been doing this successfully for more than six months.
Keep a food diary on paper or online					
Keep an exercise journal					
Choose lower-calorie foods more often					
Select reasonable portion sizes					
Limit intake of high-fat foods					
Limit intake of high-calorie snacks, desserts, and sauces					
Increase time spent doing physical activity					
Incorporate physical activity into daily life					
Make eating healthfully a priority					