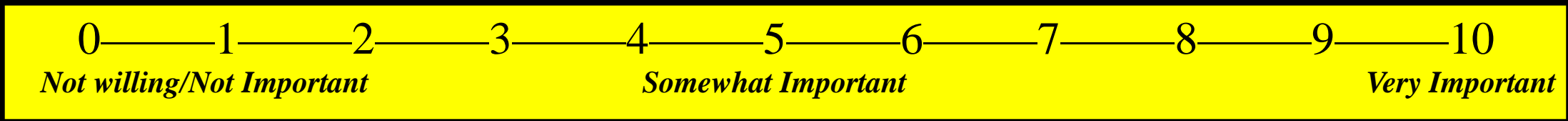


Importance ?

On a scale of 0 — 10, how important is it to you to make this change?



Why didn't you choose [lower #]?

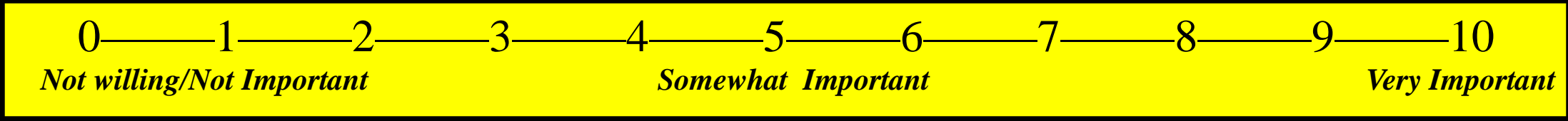
Why didn't you choose [higher #]?

What would increase importance?

Adapted from the Maine Center for Public Health Keep ME Healthy program

Importance ?

On a scale of 0 — 10, how important is it to you to make this change?



Why didn't you choose [lower #]?

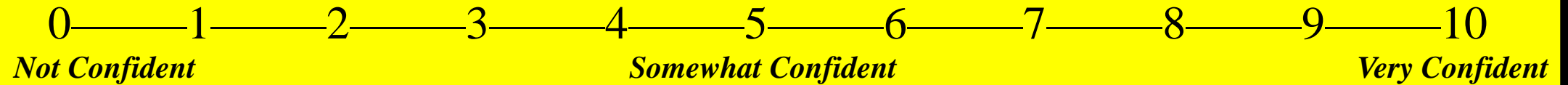
Why didn't you choose [higher #]?

What would increase importance?

Adapted from the Maine Center for Public Health Keep ME Healthy program

Confidence?

On a scale of 0 — 10, how confident are you that you can succeed?



What would make you more confident?

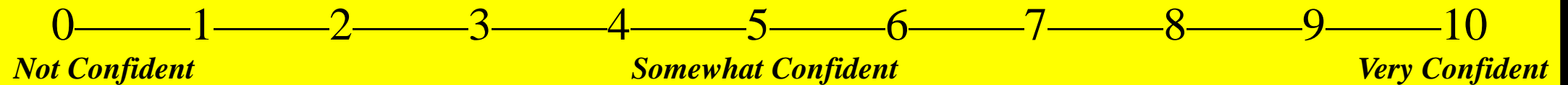
What might your next steps be?

What is your plan?

Adapted from the Maine Center for Public Health Keep ME Healthy Program

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On a scale of 0 — 10, how confident are you that you can succeed?



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Adapted from the Maine Center for Public Health Keep ME Healthy Program