

you learned about health issues. You start to think about how your weight might affect your health

healthy eating and exercise is part of your everyday life. You are more fit and active.

you know that you need to make a change. You start to find out information about how to have a healthier lifestyle

You are making the changes needed to be healthier. You have planned a diet and exercise plan and set a SMART goal to lose

You know that you have an unhealthy diet and are a little overweight, but you do not think it is a problem.

Over time, you might start to replace healthy foods with unhealthy foods and stop exercising

Arrange the stages of behavior change!

1

2

3

4

5

6