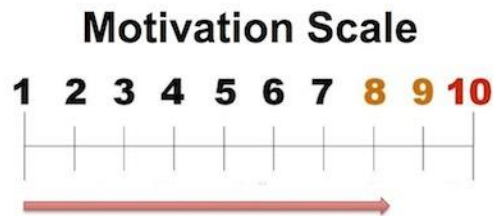


Question 4. Use the assessment graphic to identify your motivation level.

Motivation level:



Readiness to change: **9**

Adherence to dietary goals: **2**

Confidence in making a lifestyle change: **9**

Importance for making a lifestyle change: **9**

Question 5. Design an action plan. Address environmental, social and cognitive support or hindrance.

I will increase one more serving of milk group, three servings of cereal and two more servings of vegetables by the end of this week.

- I. Cognitively, I am very much affirmative to adopt the change. I have a positive perspective about attaining a healthier lifestyle.
- II. Social support: My friends have also started eating healthier after being influenced by my healthier choices. This has boosted up my confidence.
- III. Hindrance: The main hindrance I feel is that it is difficult for me sometime so to overcome the lethargic feeling, which can pose hindrance in achieving my goal.

Question 6. How will you monitor progress of the goal?

I will monitor my progress, when I will be committed and steadfast upon my new dietary plan in one week. My body has started feeling the change.