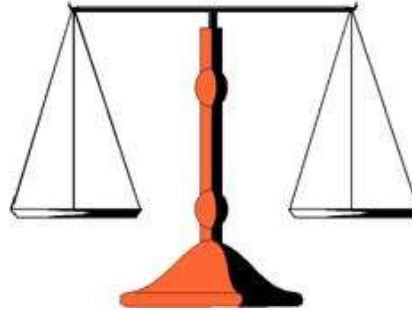


What are the Pros and Cons of Making a Health Behavior Change

In the boxes below, write the benefits/pros and the costs/cons of making a change or not changing.



	Benefits/Pros	Costs/Cons
Making a change		
Not changing		