

Assessing Readiness to Change

- ◆ Readiness to change questions
 - Provide simple readiness to change statements
 - i.e. in the past 6 months have you tried to eat less fat?
 - Are you seriously thinking about eating less fat over the next 6 months?
 - Do you plan to continue trying to eat less fat over the next 6 months
 - How confident are you that you can change your diet to eat less fat?

Assessing Exercise Eating Change

RD Boyd



Assessing Exercise Eating Change:

Immerse yourself in the artistry of words with is expressive creation, Immerse Yourself in **Assessing Exercise Eating Change** . This ebook, presented in a PDF format (*), is a masterpiece that goes beyond conventional storytelling. Indulge your senses in prose, poetry, and knowledge. Download now to let the beauty of literature and artistry envelop your mind in a unique and expressive way.

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