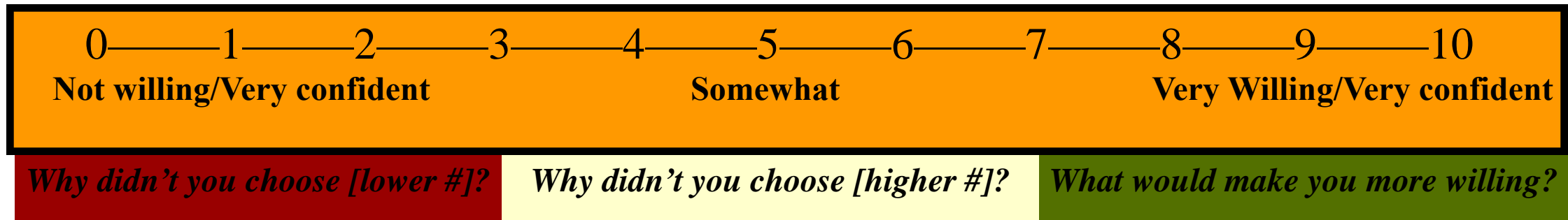




Readiness Ruler

- On a scale of 0—10, how willing/important is it to you to make a change toward a healthier lifestyle?
- On a scale of 0-10 how confident are you that you can make that change?



Adapted from Maine Youth Overweight Collaborative & the Permanente Medical Group Inc. Northern California Health Education