



GOAL: TO Maintain a Healthy Diet

Patient Name:



I want maintain healthy diet because:

My Level of Commitment is:
(On a scale of 0 - 10)

0 1 2 3 4 5 6 7 8 9 10

What might stand in my way?

What if I don't do it?

To maintain a healthy diet, I will need to stick to:

Changes I will make in the next 7 days:

Mental Picture to keep me motivated

Imagine how different life will be when you maintain a healthy diet. Write the positive changes here to keep you focused...!