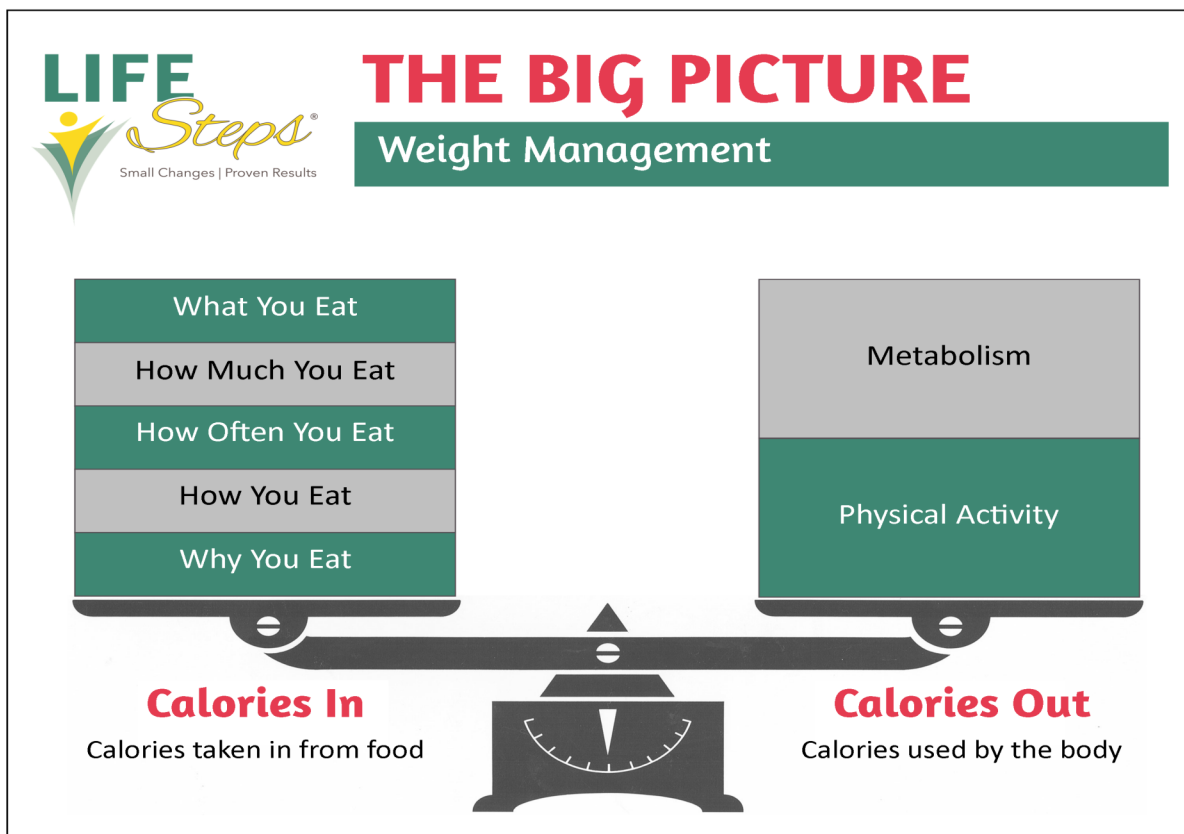


LifeSteps® is for people who are ready to *change their behaviors* so they can lose weight.



All the elements of the **BIG PICTURE** affect your weight. LifeSteps® helps you identify areas of the **BIG PICTURE** that affect you the most.

LifeSteps® will help you **develop a plan** to bring your own weight picture into balance.

It is recommended that you consult with your physician before participating in LifeSteps® to ensure the program is consistent with your personal health needs.

LifeSteps® Meeting Information:

Starting date: _____

Time: _____

Place: _____

Contact: _____

Are You Ready to Lose Weight?

	YES	NO
Are you here because YOU want to lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
Are you ready to make a lifelong commitment to health, moderate eating and regular physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Are you willing to lose weight slowly?	<input type="checkbox"/>	<input type="checkbox"/>
Are you trying to become a slimmer version of yourself?	<input type="checkbox"/>	<input type="checkbox"/>
Are you willing to evaluate your attitudes about food, exercise and weight?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have a network of family and friends who will support your efforts to make lifestyle changes?	<input type="checkbox"/>	<input type="checkbox"/>
Will your current circumstances allow you to come to the classes and make LifeSteps® a high priority in your life?	<input type="checkbox"/>	<input type="checkbox"/>
Are you willing to keep a record of your food intake and physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Are you willing to be accountable for your food and exercise choices?	<input type="checkbox"/>	<input type="checkbox"/>
Are you ready to target a goal weight that is realistic and healthy for you?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered **YES** to all of these questions, you are ready to make a commitment to losing weight. And the LifeSteps® program might be just right for you!