

The Cooperative Extension Service is your source for reliable, research-based information to improve quality of life. Discover the latest recommendations for money management, nutrition, health, parenting, relationships, and personal development. Learn more at www.uaex.edu.

Prevent T2 is for YOU!

	Very Little	Some	A Lot	Quite a Lot
Increased my knowledge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Importance of the topic to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

During the course of this meeting, we talked about a variety of strategies you can use for making lifestyle changes. Which of the following do you expect to do?

Please check the one answer for each.

Lifestyle Changes	<i>Currently Doing This</i>	<i>Expect to Make this Change</i>	<i>Don't Intend To Do This</i>
Participate in at least 30 minutes per day of physical activity			
Modify home recipes by reducing fat, sugar, or salt			
Use positive ways to reduce stress			