



Small Changes for Health

Week 13

It's time for the first progress check.

Some of the changes you tried during the last 12 weeks may have had an impact on your weight. Depending on the weight loss you've experienced, your BMI may have decreased as well. Sometimes, people will not see a great change in their weight, but their clothes will fit them better. This means their body's composition is changing and they are becoming leaner. Although not reflected in the scale, this is a very positive change. Now is the time to see what changes you have experienced. This week's change is based on that idea.

Your Small Change: For this week, make sure that you get your weight and your Body Mass Index (BMI) rechecked. You can get your weight and BMI checked by visiting Room 534 on Wednesday, April 5, 2006 from 10:00 am to 1:00 pm or other hours as posted.

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week 13

Your Small Change: For this week, make sure that you get your weight and your Body Mass Index (BMI) rechecked.

1. Did you get your weight and BMI checked? (check one)

Yes No

2. What was your BMI? (check one)

Normal Overweight Obese Extremely Obese

3. Does this reflect a change from the first check of your weight and BMI? (check one)

Yes No Don't Know

4. Are your clothes fitting better?

Yes No Don't Know

5. Other Comments:

Please return the bottom half of this form to
Health Promotion in Room 910, at the end of this week.

