



Small Changes for Health 2006

Week 26

It's time for the second progress check. The small changes that you have tried and adhered to over the past 25 weeks may have impacted your health, especially your weight. You may be a few pounds lighter or have a slightly lower BMI than you did 12 weeks ago. However, do not feel discouraged if your weight or BMI has not changed significantly. You may be experiencing an increase in lean body mass and this is also a very positive change. Always remember that losing weight and improving your health is a challenging, but a rewarding effort. It is the small and slow changes that you make towards good health that will ultimately have the greatest impact on your life. This week's change gives you a second opportunity to track your progress.

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 the Resource Center (room 533) on Monday or Wednesday from 1 to 3 p.m. or by calling x5400 to make other arrangements.

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.



-----cut or tear here-----

Follow-Up: Week 26

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

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

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

