

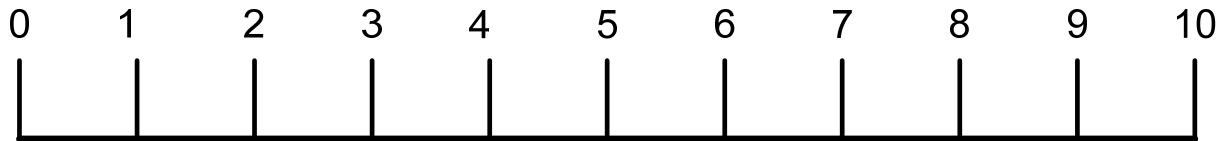


Name _____
MBCIS # _____
Date _____
Screening Site: _____

How Ready Are You?

Below, mark where you are on this line that measures how ready you are to take a small step towards a healthier lifestyle.

- 0 = not ready to change
- 5 = might be willing to change
- 10 = really ready to change



Use at rescreen only for participants who indicate an increase in their readiness to change
What has changed in your life that makes you more ready to make a healthy behavior change?
