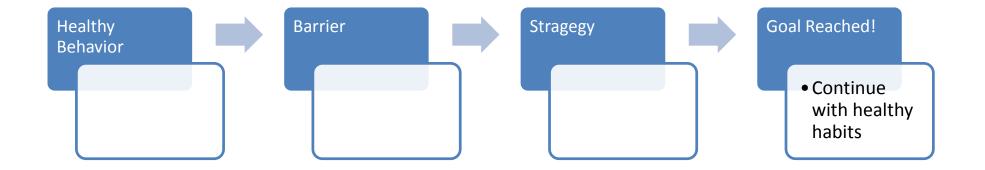
Goal Reached! Barrier Strategy Healthy **Behavior** • I don't like • Drink less Continue • I will drink soda; dilute with healthy water water in juice with habits place of water sugary drinks



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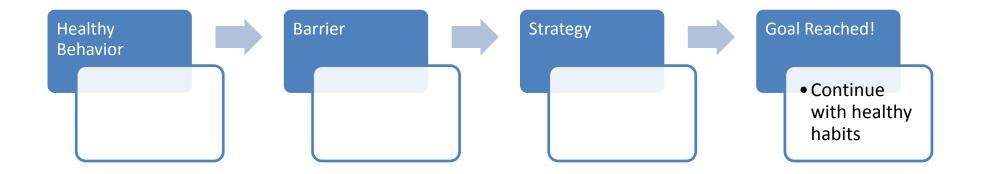
Goal Reached! Healthy Barrier Strategy Behavior • I will be Not enough Plan several Continue time to with healthy active at ten-minute least 30 exercise daily habits activity bursts each minutes each day day



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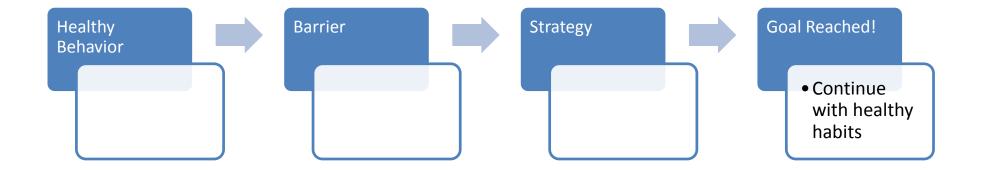
Healthy Goal Reached! Barrier Strategy **Behavior** • I will monitor • I feel Practice using Continue embarrassed portion sizes measuring with healthy of meals and cups in habits when seen snacks measuring private to portion sizes estimate portion size



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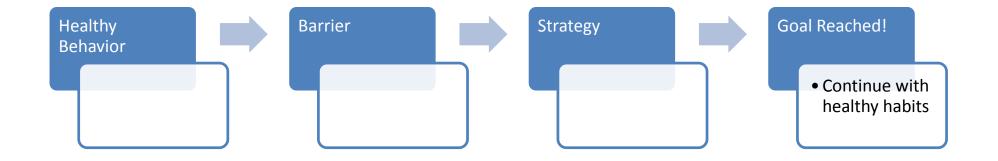
Goal Reached! Healthy Barrier Strategy **Behavior** • I will reduce • I don't like the Substitute salt Continue with the amount taste of food with herbs, healthy habits of salt or without salt spices, or other sodium in my flavorings diet



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Healthy Behavior

 I will quickly & comfortably scan labels of most packaged foods

Barrier

 I am too busy to read labels while shopping

Strategy

 Focus on one food to compare labels each trip

Goal Reached!

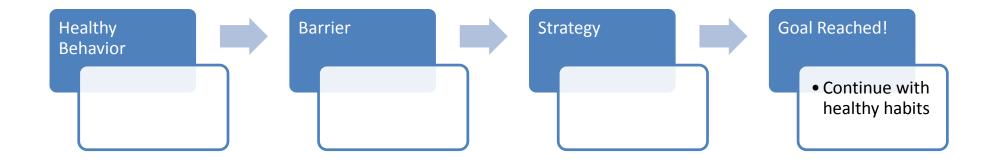
 Continue with healthy habits



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