When people make major changes in their lives, like eating a more healthy diet or doing more exercise, the change usually doesn't happen overnight! Here are some steps that people often go through.

**Which Step Are You At Right Now?**

- **Pre-Contemplation**
  - Not Ready Yet

- **Contemplation**
  - Thinking about starting the change in the next 6 months but not sure

- **Preparation**
  - Want to start in the coming month and have a plan

- **Action**
  - Started in the last 6 months and working hard to keep it up

- **Maintenance**
  - Started over 6 months ago and keeping it up is getting easier

For more information visit: [www.HealthyMeFlorida.com](http://www.HealthyMeFlorida.com)