DECISIONAL BALANCE WORKSHEET

Complete this worksheet to weigh the pros and cons of making these lifestyle changes. Ask yourself, why do I feel this way? What motivates me? How will I stay on track when it feels like the cons are starting to outweigh the pros?

Behavior	Disadvantages	Advantages
Cook dinner at least 4 days/wk	Time-consuming, don't know how to cook	Healthier diet, less expensive

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