

**MONITORING YOUR WAY OF LIFE–2**  
**AFTER YOUR WEEK OF OBSERVING YOURSELF**

What does this record tell you about your health risks?

What do these results tell you about what you need to change in your diet and your exercise?

And what are you going to do about it?

It may help if you discuss this part of your survey with family and/or friends.

Sharing the results of your survey with other people may come up with valuable ideas, and increase your motivation to change.