

January's Change-Work

Today's Date _____

Am I really ready to change?

Which stage of change are you in today:

- Pre-contemplation (I am not thinking about changing "x.")
- Contemplation (I recognize that "x" is a problem, but I am not yet ready to take action.)
- Preparation for Action (I am preparing to change "x" within the next month.)
- Action (I am currently taking action to change "x.")
- Maintenance (I am continuing to maintain my new habits.)

Be honest with yourself. Are you truly ready to change? _____

What do you want to change? (Don't try to change everything at once. Focus on one major change at a time.)

Why do you want to make this change? How will you benefit?

Am I at a healthy weight?

1. Determine my BMI

Weight _____ BMI _____

What does it mean? Choose the category in which your BMI falls.

- Underweight = Less than 18.5
- Normal weight = 18.5-24.9
- Overweight = 25-29.9
- Obesity = BMI of 30 or greater

2. Determine my waist circumference

Waist _____

What does it mean?

- Over 40 (men) at risk
- Over 35 (women) at risk_
- Not at risk

3. Determine my body fat percentage

Body fat % ____

How it was determined:

- At a WOW (Date _____)
- Scale
- Calipers
- Hydrostatic

What does it mean?

Healthy Body Fat - Women

Ages 20-39: 21-32%

Ages 40-59: 23-33%

Ages 60-79: 24-35%

Healthy Body Fat - Men

Ages 20-39: 8-19%

Ages 40-59: 11-21%

Ages 60-79: 13-24%

What's my next step?

Setting goals. Use the goal setting worksheet at:

<http://www.uky.edu/HR/wellness/documents/goalsetting.pdf>.