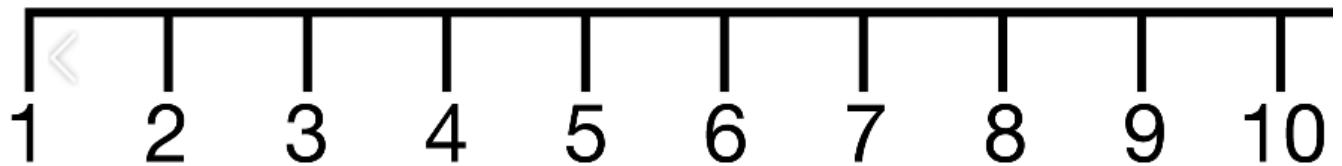


Healthy Eating and Physical Activity Confidence Scale

Circle the number on the ruler below that best fits with how you are feeling right now. How confident are you, on a scale of 1-10, that you can make long-term changes to your diet to **eat healthier?**

I am not very confident

I am very confident



Circle the number on the ruler below that best fits with how you are feeling right now. How confident are you, on a scale of 1-10, that you can make long-term changes to **increase your physical activity?**

I am not very confident

I am very confident

