

What changes do you think you need to make?		How are you going to make these changes? What can you do to achieve these changes?
<p>Diet</p> <p>Identify an aspect of your diet that you would like to improve</p>		
<p>Physical activity</p> <p>Identify a way of increasing your physical activity</p>		
<p>Family lifestyle</p> <p>Identify a goal that will improve your family's lifestyle</p>		