

Small Steps to Health and Wealth™ Colorado

Step Down to Change Worksheet



Health “step-down” example for choosing toppings on a baked potato:

Sour cream and butter

Sour cream on the side

Light sour cream

Low-fat plain yogurt

Non-fat plain yogurt

Fill in the blanks with better alternatives to a current **health** practice:

A blank step-down diagram consisting of a horizontal line on the left that descends in a series of five steps to a horizontal line on the right, intended for users to write their own health practice alternatives.

Wealth “step-down” example for reading books:

Buy at brand name bookstore

Buy at used book store

Buy at yard sales

Borrow from friends

Borrow from public library

Fill in the blanks with better alternatives to a current **financial** practice:

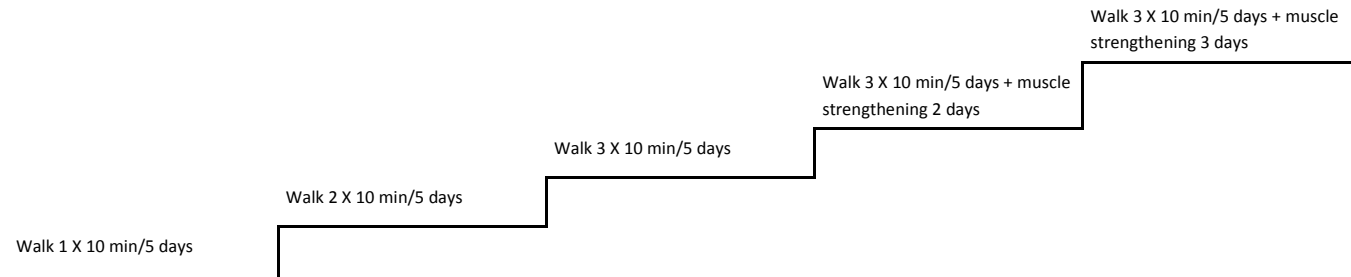
A blank step-down diagram consisting of a horizontal line on the left that descends in a series of five steps to a horizontal line on the right, intended for users to write their own financial practice alternatives.

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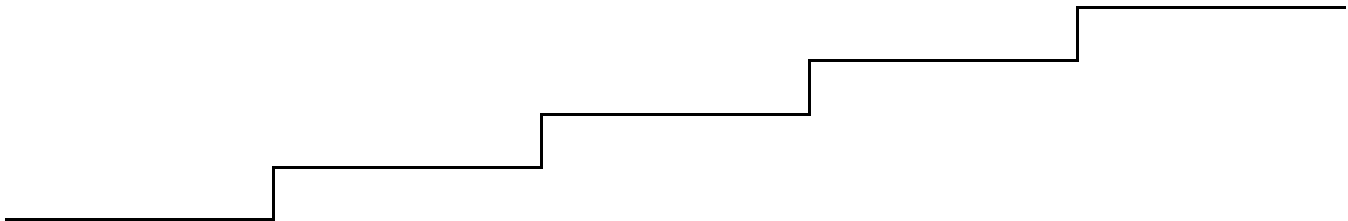
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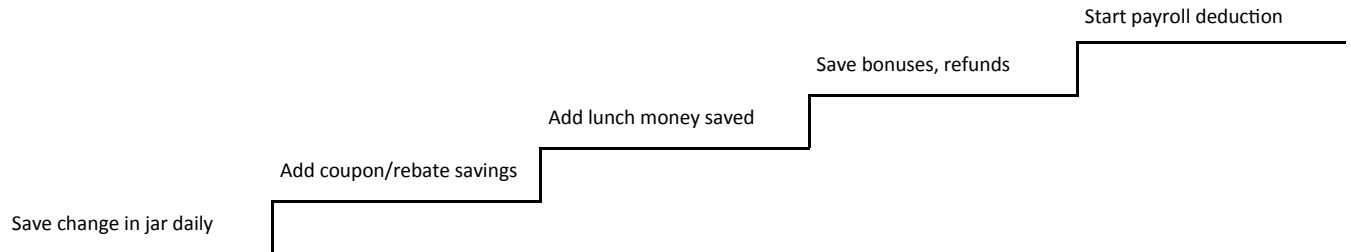
Health “step-up” example for increasing physical activity:



Fill in the blanks with better alternatives to a current **health** practice:



Wealth “step-up” example for increasing savings:



Fill in the blanks with better alternatives to a current **financial** practice:

