

Programme Outcomes

Thinking about your child and family's diet and lifestyle which things would you like to improve on this programme?

- 1.
- 2.
- 3.

Motivation Measure

1. How important is it, right now, to make some change for your child and your family?
2. How confident are you, right now, about how to make some changes?

Rate on a measure of 1-10 (1 is low.10 is high)

Importance

Confidence

