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## Could YOU Have Prediabetes?

	Very Little	Some	A Lot	Quite a Lot
Increased my knowledge	0	0	0	0
Importance of the topic to me	0	0	0	0

During the course of this meeting, we talked about a variety of strategies you can use for making lifestyle changes. Which of the following do you expect to do?

## Please check the one answer for each.

Lifestyle Changes	Currently Doing This	Expect to Make This Change	Don't Intend to Do This
Participate in at least 30 minutes per day of physical activity.			
Lose 5 to 7 percent of current body weight.			
Adopt one of the healthy habits on the "Healthy Habits to Prevent Diabetes" handout.			

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