

# How Will I Control My Cholesterol?



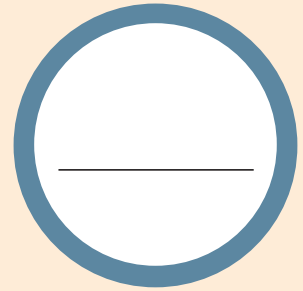
**Eat Low-Fat Dairy and Meat Products**



**Choose Foods With 0 Grams Trans Fat**



**Eat High Fiber Foods**



**Other**



**Take My Medicine**



**Get Physically Active**



**Stop Smoking**



**Cope with Stress**

**One way to control my cholesterol is to** (For example, take my medicine as prescribed):

**My goal for the next week is to** (For example, take my medicine every day):

**When will I do it?** (For example, in the morning):

**How often will I do it?** (For example, every day):

**What can I do about it?** (For example, I will keep my medicine next to my toothbrush to remind me):

**How confident am I that I can reach this goal?** *circle one*

0	1	2	3	4	5	6	7	8	9	10
Not at all		A little			Somewhat confident			Very sure		Totally confident

**Follow-up plan** (how and when): \_\_\_\_\_