*Complete the table regarding moving Jane towards a healthier weight.* [Once you have completed this table, please copy all the information below and paste it into your assignment.]

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| **CONCEPT** | **POTENTIAL CHANGE STRATEGIES** |
| Perceived susceptibility (beliefs about the chances of acquiring an illness of condition) | *Who is at risk of overweight or obesity – how can individual risk be determined?* |
| Perceived severity (beliefs about the seriousness and consequences of an illness or condition) | *What are the consequences of developing overweight or obesity?* |
| Perceived benefits (beliefs about the effectiveness of taking action to reduce risk or severity) | *How can the individual take action (how, where, when) and what benefits will be achieved in utilizing recommended strategies to move towards a healthier weight?* |
| Perceived barriers (beliefs about the actual and psychological costs of taking action) | *What methods can reassure, inform, and assist individuals to take action in utilizing recommended strategies to move towards a healthier weight?* |
| Cues to Action (factors that activate readiness to change) | *What methods can promote awareness in the community or individual and support decisions to take action in utilizing recommended strategies to move towards a healthier weight?* |
| Self-efficacy (factors affecting confidence in the ability to take action) | *How can the individual be encouraged and assisted to utilize recommended strategies to move towards a healthier weight?*  |