



Stop dieting. Start weighing less.

3 Step Method for Creating Sustainable Behavior change

with Brock Armstrong and
Monica Reinagel

1.

2.

3.

4.

5.

1.

2.

3.

4.

5.

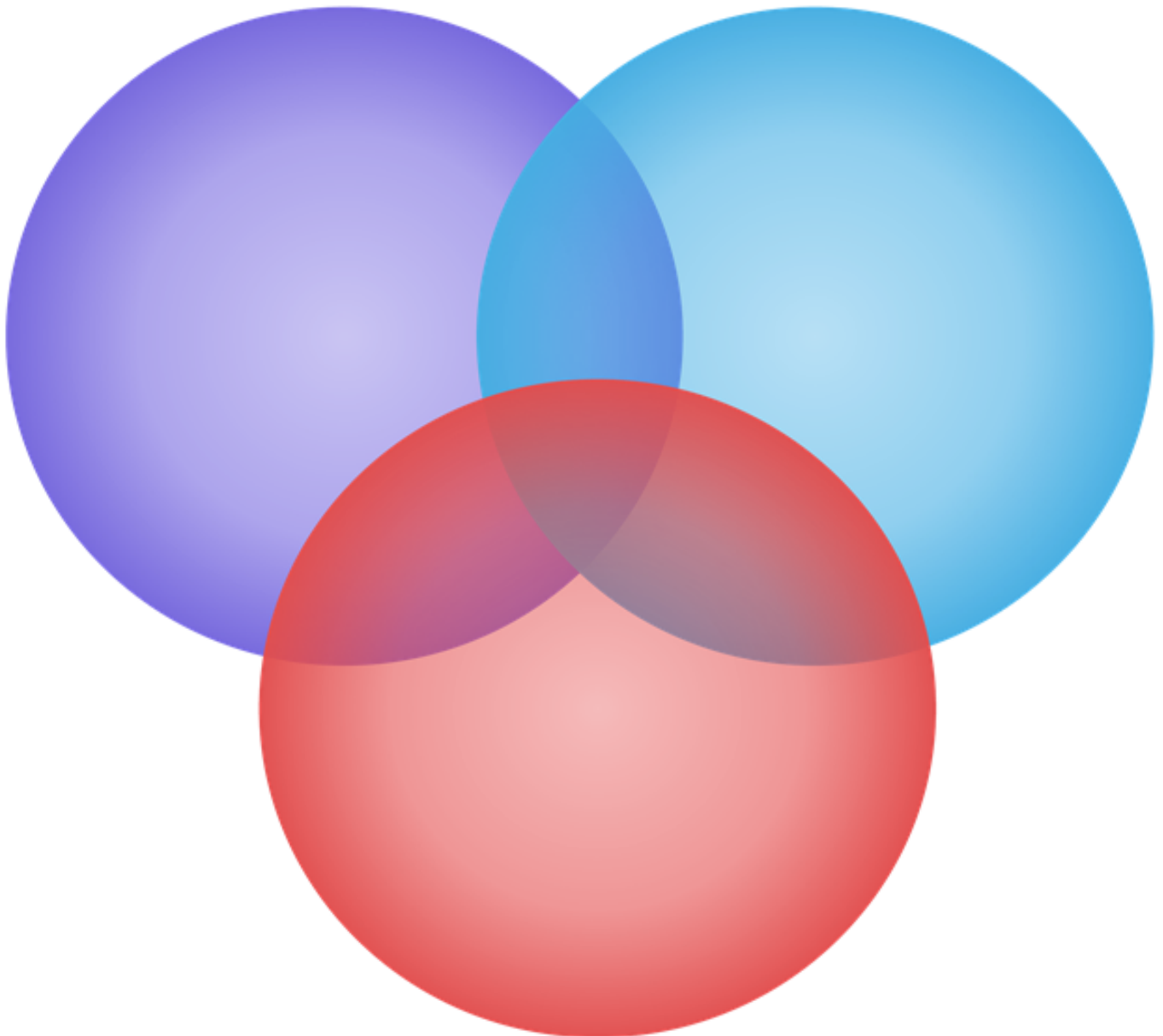
_____ x .02 = _____

Notes

The Attention Intention Action Cycle

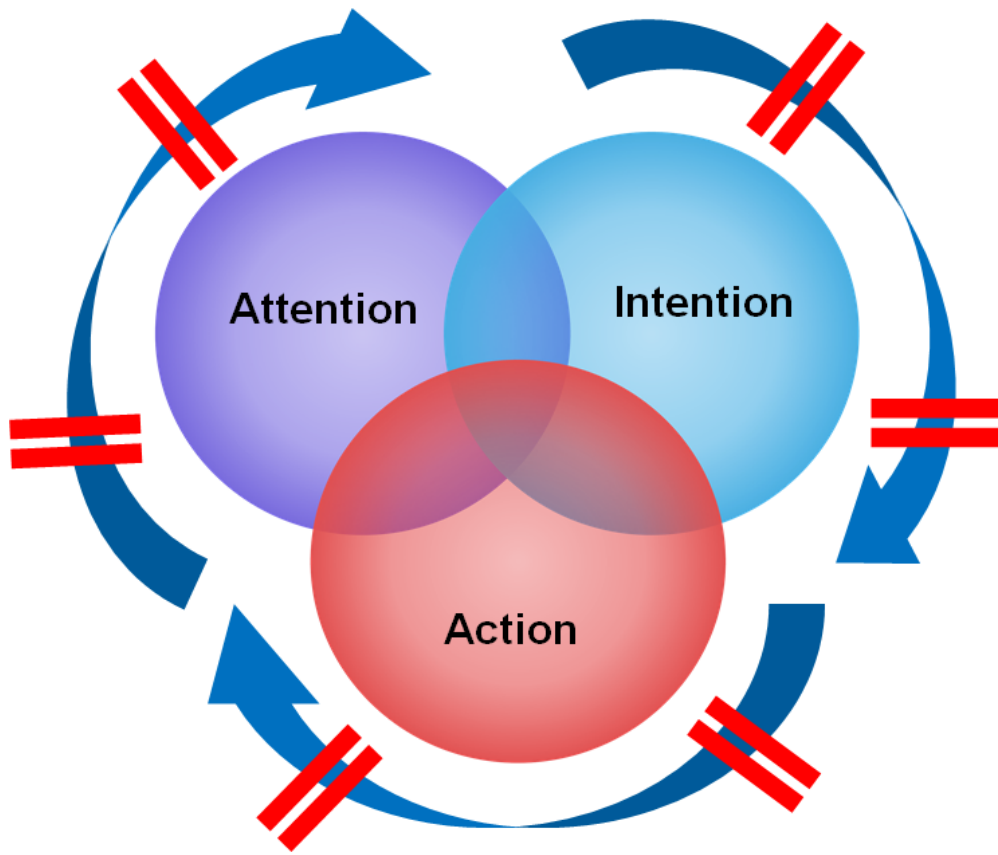
- 1.
- 2.
- 3.

- 1.
- 2.
- 3.



- 1.
- 2.
- 3.

The 6 Exits



Notes