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PREPARING FOR BEHAVIOUR CHANGE

<p>If I stay as I am and I don't do</p> <hr/> <p>then...</p>	<p>Pro's</p>	<p>Con's</p>
<p>If I make a positive lifestyle change and do</p> <hr/> <p>then...</p>	<p>Con's</p>	<p>Pro's</p>