

Julie

Decisional Balance Sheet

	Disadvantages	Advantages
No Change	Hiking and tennis may need to stop due to pain European vacation won't be as fun b/c her hip and feet will limit her	Won't need to find time to exercise Already pretty good "as is" and currently is very physically active
Change	Exercise hurts her feet and her hip Making time for exercise takes away from other activities she enjoys	Will get better at tennis and take tougher hikes Will be able to do all the activities and tours she wants in Europe