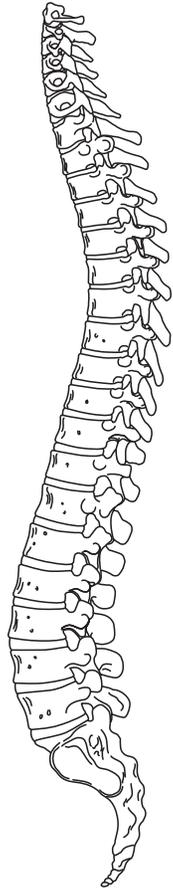


# Module 3: Making Changes in Behavior for Better Health

Handout J: The Basic Back

Activity: \_\_\_\_\_



<b>How I Do Things Now &amp; Why</b>	<b>What I Can Change</b>

For use with Activity 3