

Appendix B 5b:
Order Form for Men



ORDER FORM

Please fill out this form and mail it back to us:

Name: _____

Address: _____

Date: _____

Birthdate: dd\mm\yy

Telephone: () _____

The **FOOD STEPS** program is provided *free of charge*.

Do you consistently avoid eating high-fat foods?

- ☐ Yes, and I have been for more than 6 months.
- ☐ Yes, I have been but for less than 6 months.
- ☐ No, but I intend to in the next 30 days
- ☐ No, but I intend to in the next 6 months
- ☐ No, and I do not intend to in the next 6 months.

- Step 1:** A Guide For Men Who Don't Want to Change The Way They Eat
- Step 2:** A Guide for Men Who Are Thinking of Changing The Way They Eat.
- Step 3:** A Guide for Men Who Are Ready to Change The Way They Eat.
- Step 4:** A Guide for Men Who Want To Keep A Low Fat Way of Eating.

Check ALL the booklets you have already finished: ■ Step 1 ■ Step 2 ■ Step 3 ■ Step 4