

AUDIENCE:

Ideal Behavior:

Stages of Change		Steps to Change	Indicator	Survey Question
<i>Pre-contemplation</i>				▪
<i>Contemplation</i>				
				•
		•		
<i>Decision</i>		•	•	•
<i>Action</i>		▪	•	•
<i>Maintenance</i>		▪		▪