

AUDIENCE:

Ideal Behavior:

Stages of Change			Indicators	Survey Questions
I. Pre-contemplation	<ul style="list-style-type: none"><li>• <b>Unaware</b> Hasn't thought about need to change behavior</li></ul>			
II. Contemplation	<ul style="list-style-type: none"><li>• <b>Resistor</b> Aware, unwilling to change behavior</li><li>• <b>Neutral</b> Aware, no opinion on behavior change</li><li>• <b>Uncommitted</b> Aware, willing to consider behavior change, but has not decided</li></ul>			
III. Decision	<ul style="list-style-type: none"><li>• <b>Intender/Procrastinator</b> Has decided to adopt new behavior but has not taken any specific actions toward change</li></ul>			
IV. Action	<ul style="list-style-type: none"><li>• <b>Planner</b> Has decided to adopt behavior and begun specific planning toward behavior change</li><li>• <b>Doer/ Attempted</b> Has decided to adopt behavior and has tried the behavior but encountered barriers, did not succeed</li><li>• <b>Doer/ Late</b></li><li>• <b>Doer/ Successful</b> Has decided to adopt behavior and has implemented/performed the behavior successfully</li></ul>			
V. Maintenance	<ul style="list-style-type: none"><li>• <b>Repeater</b> Performs the behavior again at next opportunity</li><li>• <b>Advisor</b> Recommends behavior to friends, peers, others</li></ul>			