

**AUDIENCE:**

*Ideal Behavior:*

Stages of Change			Indicators	Survey Questions
<i>I. Pre-contemplation</i>	<ul style="list-style-type: none"> <li>• <b>Unaware</b> Hasn't thought about need to change behavior</li> </ul>			
<i>II. Contemplation</i>	<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>			
<i>III. Decision</i>	<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>			
<i>IV. Action</i>	<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>			
<i>V. Maintenance</i>	<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>			