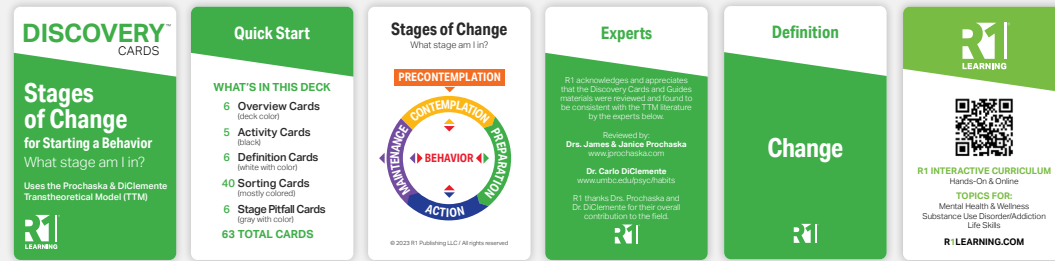


# Stages of Change

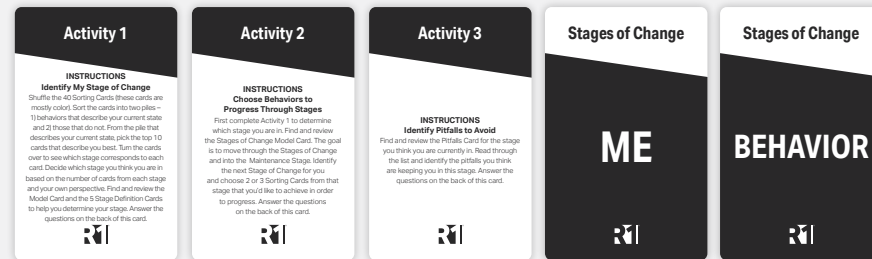
What's in the Deck

## Discovery Cards Content Map

### Overview Cards



### Activity Cards



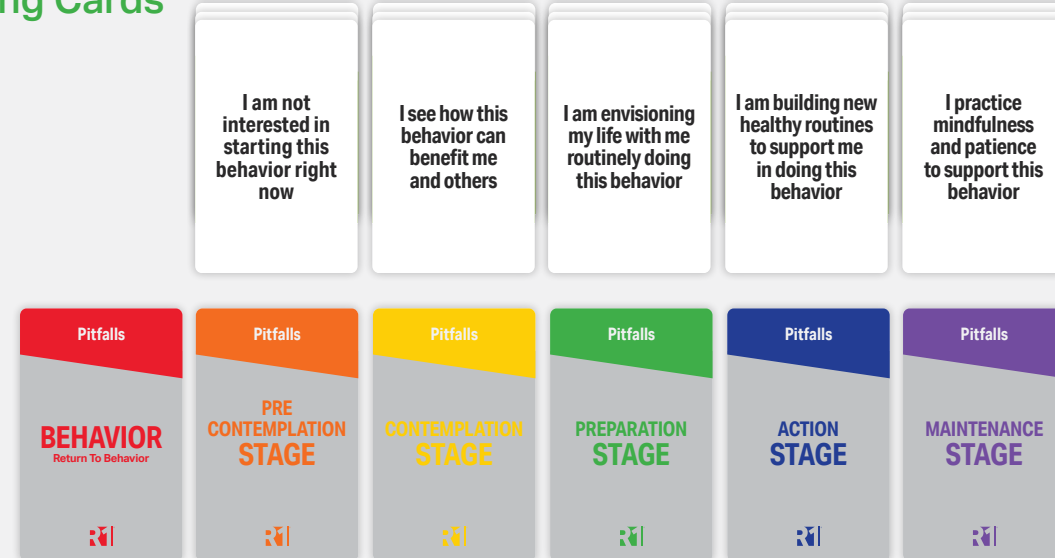
### Definition Cards



### Sorting Cards



### Stage Pitfall Cards



## What's in the Deck

6 Overview Cards

- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

5 Activity Cards

- 1 Activity 1: Identify My Stage of Change
- 1 Activity 2: Choose Behaviors to Progress Through Stages
- 1 Activity 3: Identify Pitfalls to Avoid
- 1 ME Action Card
- 1 Behavior Action Card

6 Definition Cards

- 1 Behavior (Red)
- 1 Precontemplation Stage (Orange)
- 1 Contemplation Stage (Yellow)
- 1 Preparation Stage (Green)
- 1 Action Stage (Blue)
- 1 Maintenance Stage (Purple)

40 Sorting Cards

- 8 Precontemplation Stage (Orange)
- 8 Contemplation Stage (Yellow)
- 8 Preparation Stage (Green)
- 8 Action Stage (Blue)
- 8 Maintenance Stage (Purple)

6 Stage Pitfall Cards

- 1 Behavior (Red)
- 1 Precontemplation Stage (Orange)
- 1 Contemplation Stage (Yellow)
- 1 Preparation Stage (Green)
- 1 Action Stage (Blue)
- 1 Maintenance Stage (Purple)

63 TOTAL CARDS