Stages of Change

What's in the Deck

Discovery Cards Content Map

Overview Cards



Quick Start

- WHAT'S IN THIS DECK
- 6 Overview Cards 5 Activity Cards 6 Definition Cards 40 Sorting Cards
- 6 Stage Pitfall Cards







Activity Cards











Definition Cards









:4



21

Stages of Change

Stages of Change





Stages of Change



:1

Stages of Change

Stages of Change







I have recently told others about my plans to start



Sorting Cards

I am not interested in starting this behavior right

I see how this behavior can benefit me

I am building new I am envisioning healthy routines my life with me to support me routinely doing in doing this

I practice and patience to support this

Stage Pitfall Cards









ills	Pitfalls
on GE	MAINTENANCE STAGE
ľ	tăl

What's in the Deck

Overview Cards

Main Color: Box Color

1 Topic Description Card 1 Quick Start Card

1 Model Card

1 Expert Card

1 Topic Definition Card

1 R1 Card

Activity Cards

Main Color: Black

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

Definition Cards

Main Color: White with Color

1 Behavior (Red)

1 Precontemplation Stage (Orange)

1 Contemplation Stage (Yellow)

1 Preparation Stage (Green)

1 Action Stage (Blue)

1 Maintenance Stage (Purple)

4 Sorting Cards

Main Color: Mostly Color 8 Precontemplation Stage (Orange)

8 Contemplation Stage (Yellow)

8 Preparation Stage (Green)

8 Action Stage (Blue) 8 Maintenance Stage (Purple)

Stage Pitfall Cards

Main Color: Gray with Color

1 Behavior (Red)

1 Precontemplation Stage (Orange)

1 Contemplation Stage (Yellow) 1 Preparation Stage (Green)

1 Action Stage (Blue)

1 Maintenance Stage (Purple)

TOTAL CARDS

ACTI STA