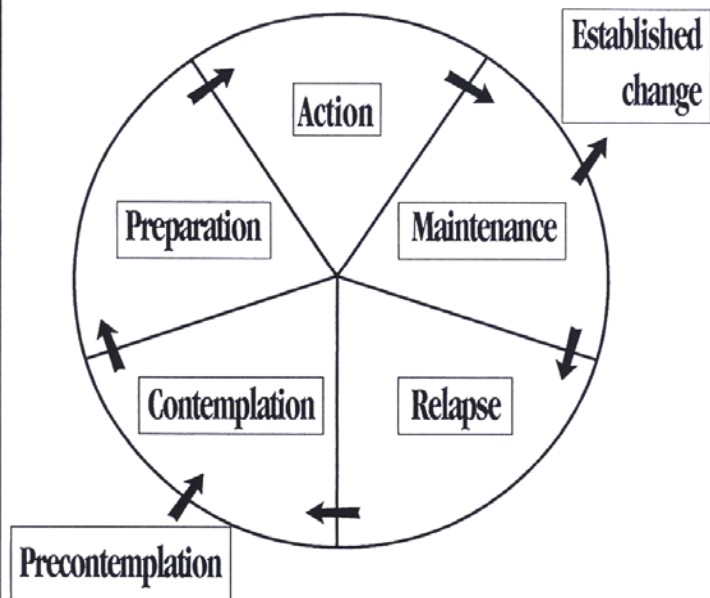


Stages of Change



Based on Prochaska & DiClemente's model

Stage of change	Motivational task	What to do?
Pre-contemplation – Not thinking about it	Raise doubts, increase persons awareness of risks and problems with current behaviour.	Feedback about the results of the quiz. Information about the benefits of Physical Activity and key recommendations When ready , what could they do and where can they go.
Contemplation - Thinking about change	Tip the balance –evoke reasons for change (identify the benefits) risks of not changing (identify the down side) Strengthen the individuals ability to adopt change by working on their motivation and self esteem.	Emphasize the benefits of changing. Give Information about consequences of inactivity and risks associated. Use the 0-10 scale to increase committment about importance (benefits) and confidence. See useful questions. Discuss possible ‘quick win’ starting Goal .
Preparation – Preparing to change	Help the individual to determine the best course of action to take in seeking the change.	Discuss how to choose a SMART Goal Assist and Encouragement
Action – Making changes	Help and support the individual to take steps towards change	Review situation and Advice Give Encouragement
Maintenance - Maintaining change	Help the individual to identify and use strategies to prevent relapse (Avoidance strategies and extra positive support)	Give Encouragement
Relapse	Help the individual to renew the process of contemplation, determination, and action without becoming stuck or demoralised because of the relapse.	Identify what has caused the relapse and work out how that can be avoided. Build on previous positive experience.