

## Behavior change project and a classification of the stages

1. Pre-contemplation- unaware of the problem. Create awareness; change values and beliefs.
2. Contemplation- aware of the problem and of the desired behavior change. Persuade and motivate.
3. Preparation- intends to take action. Educate.
4. Action- practices the desired behavior. Facilitate action.
5. Maintenance- works to sustain the behavior change. Reinforce changes, reminder communications.

