### Stage of Change | Goal | Strategy
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Precontemplation | Start THINKING about physical activity | List benefits of being physically active  
|  |  | Talk to others and do some research on physical activity
Contemplation | START being physically active | Identify barriers & strategies to overcome these  
|  |  | Develop a plan  
|  |  | Set a small goal & commit to it (eg 5 mins a day)
Preparation | BE regularly physically active | Set goals & rewards  
|  |  | Refer to appropriate programmes
Action | MAINTAIN this physical activity habit over time | Identify obstacles to future activity  
|  |  | Set future activity goals  
|  |  | Refer to appropriate programmes
Maintenance | Prepare for any future setbacks and increase enjoyment of physical activity | Think about making physical activity more fun  
|  |  | Look at how to get back on track after a break  
|  |  | Mentor someone to be more physically active  
|  |  | Refer to appropriate programme if necessary