

The Stages of Change



To identify whether a patient is ready to change their behaviour – use the model below.

People progress through these stages at different rates – try not to push patients through but ensure they are committed to becoming active. Evidence suggests that trying to skip any of the stages decreases the likelihood of maintaining the desired change.

 Some people will even go backwards and may have to go through the cycle again.



Pre-contemplation

I am not active and I don't intend to be in the next 6 months



Contemplation

I am not active but I'm thinking about starting to be in the next 6 months



Preparation

I intend to become active in the next month



Action

I have become active over the last 6 months



Maintenance

I am now active at least 30 minutes most days and have been for more than 6 months