




0. Baseline Assessment	<ul style="list-style-type: none">• Assess current situation	
 1. Goal Setting	<ul style="list-style-type: none">• Ask what is important for your patient and yourself• Try to find common ground and identify shared goals• Together, define a SMART goal	
 2. Planning	<ul style="list-style-type: none">• Decide the what, when, where and how of behavior change	
 3. Self-Monitoring	<ul style="list-style-type: none">• Introduce a self-monitoring tool• Set up follow-up• On next appointment, adjust goals if necessary	