

0. Baseline Assessment	• Assess current situation	
 1. Goal Setting	• 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	• Decide the what, when, where and how of behavior change	
 3. Self-Monitoring	• Introduce a self-monitoring tool • Set up follow-up • On next appointment, adjust goals if necessary	