




<b>0.</b> <b>Baseline Assessment</b>	<ul style="list-style-type: none"><li>• Assess current situation</li></ul>	
 <b>1.</b> <b>Goal Setting</b>	<ul style="list-style-type: none"><li>• Explore the goal and support change talk by exploring discrepancy</li><li>• Develop motivation by assessing importance of the goal, with a rating from 0-10</li><li>• Agree on desired behavior</li><li>• Weigh pros and cons of not changing and changing behavior</li><li>• Craft a SMART goal</li></ul>	
 <b>2.</b> <b>Planning</b>	<ul style="list-style-type: none"><li>• Decide the what, when, where and how of behavior change</li><li>• Assess confidence on a scale from 0-10</li><li>• If necessary, update SMART goal</li></ul>	
 <b>3.</b> <b>Self- Monitoring</b>	<ul style="list-style-type: none"><li>• Introduce a self-monitoring tool</li><li>• Set up follow-up</li><li>• On next appointment, adjust goals if necessary</li></ul>	