*Complete the table regarding moving Jane towards a healthier weight.* [Once you have completed this table, please copy all the information below and paste it into your assignment.]

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| --- | --- | --- |
|  | **DECISIONAL BALANCE CAUSING INDIVIDUAL TO REMAIN IN THIS STAGE** | **POTENTIAL CHANGE STRATEGIES** |
| Precontemplation (no intention of taking action within the next six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *How can we raise awareness of risk and need for change (nutrition and physical activity choices) based on risks and benefits?* |
| Contemplation (intends to take action within the next six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *How can we motivate and encourage plans to change (nutrition and physical activity):* |
| Preparation (intends to take action within the next month and has taken behavioral steps towards change) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *How can we assist the individual to develop and implement plans and goals to move towards a healthier weight with nutrition and physical activity choices?* |
| Action (has changed behavior for less than six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *What type of feedback, support, or help with problem solving can be provided to reinforce the change (nutrition and physical activity choices)?*  |
| Maintenance (has changed behavior for more than six months) | *Pros:**Cons:**Tipping the balance to move to the next stage:* | *How can we assist with coping, reminders, and maintenance of change (nutrition and physical activity choices)?*  |