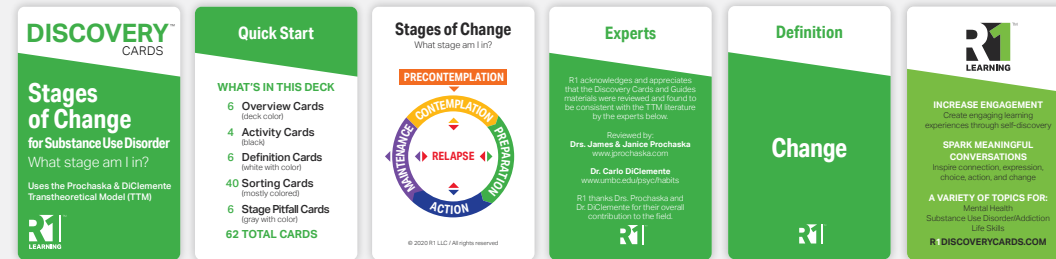


Stages of Change

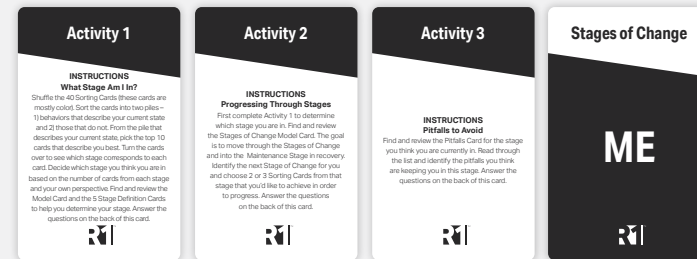
What's in the Deck

Discovery Cards Content Map

Overview Cards



Activity Cards



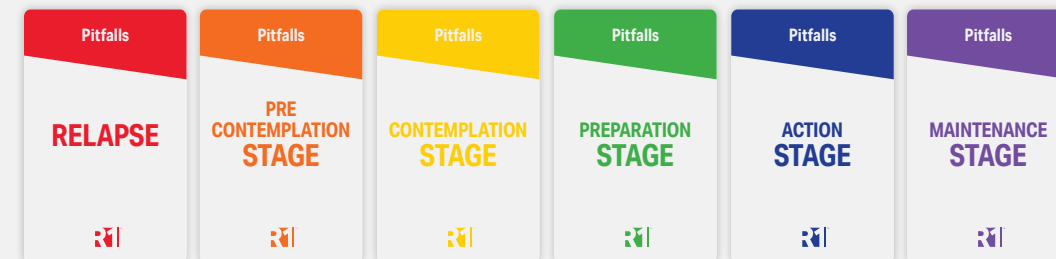
Definition Cards



Sorting Cards



Stage Pitfall Cards



What's in the Deck

6 Overview Cards

- 1 Main Color: Box Color
- 1 Topic Description Card
- 1 Quick Start Card
- 1 Model Card
- 1 Expert Card
- 1 Topic Definition Card
- 1 R1 Card

4 Activity Cards

- 1 Main Color: Black
- 1 Activity 1: What Stage Am I In?
- 1 Activity 2: Progressing Through Stages
- 1 Activity 3: Pitfalls to Avoid
- 1 ME Action Card: individuals write in primary learning and action

6 Definition Cards

- 1 Main Color: White with Color
- 1 Precontemplation Stage (Orange)
- 1 Contemplation Stage (Yellow)
- 1 Preparation Stage (Green)
- 1 Action Stage (Blue)
- 1 Maintenance Stage (Purple)
- 1 Relapse (Red)

40 Sorting Cards

- 1 Main Color: Mostly Color
- 8 Precontemplation Stage (Orange)
- 8 Contemplation Stage (Yellow)
- 8 Preparation Stage (Green)
- 8 Action Stage (Blue)
- 8 Maintenance Stage (Purple)

6 Stage Pitfall Cards

- 1 Main Color: Gray with Color
- 1 Precontemplation Stage (Orange)
- 1 Contemplation Stage (Yellow)
- 1 Preparation Stage (Green)
- 1 Action Stage (Blue)
- 1 Maintenance Stage (Purple)
- 1 Relapse (Red)

62 TOTAL CARDS