

PRINTABLE TOOLS TEMPLATE

Chapter Number	1
Chapter Title	Getting Fit: Why Should You Care?
Tool Title	Cycle of Change

When you prepare to set fitness goals, your new routine might require changes in your behavior. It is important to know if you are ready to change, just thinking about changing, or if you are resistant to change. Use the guide below to lead you in the cycle of change, and for suggestions on how to progress to the next level:

Precontemplation stage: Individuals at this level do not see a need for change, or blame other factors for not changing. Here are some techniques to progress to the next level:

- Ask yourself what mental resistance you have to change. What can you do to overcome this resistance?
- Identify what reasons you have to keep from adopting a new behavior. What reasons can you eliminate first?

Contemplation stage: You have identified a problem, desire to change, and have decided to take action. Try these techniques to progress to the next level:

- Write down the pros and cons of changing the behavior and compare the numbers in your list. Do the pros outnumber the cons?
- Visualize your life after changing the behavior. Is your life better and are you a happier person?

Preparation stage: You have created a plan for change, but you are not sure if you will succeed. These techniques will help you progress to the next level:

- Find resources that may help you change the behavior. For example, search out a community education program to stop smoking.
- Write down your goals and tell your friends and family you are making a change. Ask them to help hold you accountable in making those changes.

Action stage: Time and energy is spent toward changing the behavior, but you are at risk to revert back to your old behaviors.

Implement these techniques to progress to the next level:

- Track your new activity to monitor your new behavior. Use a journal or mobile app.
- Do not do too much too soon and become overwhelmed with change.

Maintenance stage: You have successfully maintained your new behavior for a certain period of time. Master these techniques to progress to the next level:

- Keep yourself accountable by monitoring the behavior.
- Practice positivity when negative thoughts or self-doubt enter your mind.

Termination: You've implemented successful change and the behavior is part of your lifestyle. Celebrate and share your techniques with others to help them change their undesired behaviors.