

Behavior Change

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- 1. In relation to adding more formal exercise in your life, where are you in the Transtheoretical Model of Change cycle? (pre-contemplation, contemplation, determination, action, relapse, or maintenance)**

I am in the action stage

- 2. How can you move to the next stage? If you are in Maintenance, how can you stay there?**

I can move onto the next stage once I am satisfied with who I have become. Once I am in the maintenance stage I believe I can maintain it by remembering why I did it to keep my motivation.