**SDC 3. Transtheoretical Stages of Change**

*precontemplation* - patient is not thinking about making a desired or perceived beneficial change

*determination* - patient has taken some behavioral steps and intends to take action in the next 30 d

*action* - patient begins to consistently demonstrate the new behavior for <6 mo

*maintenance* - patient has been in action for ≥6 mo

*relapse* - patient returns to former [unhealthy] lifestyle habits

SDC 3 Figure. Progressive stages of readiness for behavior change. Deviations from serial progression (ie, either temporary or permanent exits) are most likely to occur during the determination and maintenance phases, respectively. Adapted from reference 49.

