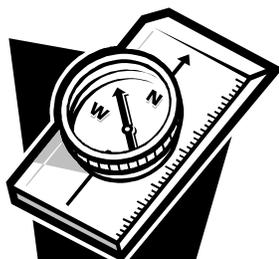


Figure 2. Stages of Change Decision Tree from the Change for Life Program.



Where are you now?

