Hi everyone,

Thank you for participating in our third motivational interviewing Clinical Conversation about the Transtheoretical model. During our session, I mentioned a nice handout from the National Insitute of Diabetes and Digestive Kidney Diseases (NIDDK) that highlights the stages of change as they relate to physical activity. The document is linked below if you are intereted, along with its’ topic page location in MedlinePlus. Please look these over if you have time!

Take care,



