

Client Staging Form

The behavior(s) I am/am not thinking about changing are:

_____ I am not thinking about or ready for change.
(Pre-Contemplation)

_____ I am definitely considering the need to make
a change.
(Contemplation and Preparation)

_____ I am beginning to make changes and feel
good about this.
(Action)

_____ I have made changes and make efforts each
day to sustain the changes.
(Maintenance)

Client Name

Date of Staging