Health Behavior Change Map

College | Health and kinesiology | Introductory

Learner: _____ Date: _____

Analyze a fictional health behavior using capability, opportunity, motivation, barriers, and a measurable support plan.

BEHAVIOR DEFINED OBSERVABLY

CAPABILITY AND KNOWLEDGE

OPPORTUNITY, ACCESS, AND BARRIERS

MOTIVATION, SUPPORT, AND MEASUREMENT

Grown-up note: Avoid blame and one-size-fits-all solutions. Consider disability, cost, culture, safety, environment, and access. This classroom organizer is not medical advice.

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