During family physician visit

1. Ask for interest in personal health behavior

2. Assess personal health behavior pattern and beliefs

3. Agree on target behavior and starting point

4. Work on personal health project:
   a) On one's own
   b) With third party support
      - Brief interventions by family physician
      - Counselling by other health professional
      - Community offers (groups, commercial etc.)

In patient's daily life

1. Fill out personal health behavior questionnaire

2. Choose target behavior and starting point

3. Accompany throughout project implementation

Step 1: Raise awareness
Step 2: Develop motivation
Step 3: Planning
Step 4: Accompany