Assess or Re-evaluate with Pre-set Follow ups and/or Scheduled Reports from Other Practitioners

- Health
- Health knowledge
- Readiness to change
- Lifestyle behaviors goals:
  - Smoking cessation
  - Optimal nutritional choices
  - Prolonged periods of inactivity
  - General physical activity
  - Cumulative aerobic exercise of moderate exertion for 20-30 minutes 3-5 days a week
- Lifestyle-related health risk

Initiate and Support/Reinforce lifestyle behavior change education strategies

Initiate and Refer to other practitioner, e.g., counselor, nurse practitioner, physical therapist, physician, psychologist

Support/Reinforce the initiatives of these practitioners