Step 1
**Needs assessment**
- Plan needs assessment
- Assess physical environment, behavioural determinants and organizational factors
- Establish program objectives

Step 2
**Matrices of performance objectives**
- Specify determinants
- Specify performance objectives

Step 3
**Theory-based methods and practical strategies**
- Review program ideas with stakeholders
- Identify theoretical methods
- Choose program methods
- Select or design strategies

Step 4
**Program**
- Consult with intended participants and implementers
- Create program scope, sequence and material list
- Develop documents and protocols
- Review available materials

Step 5
**Implementation plan**
- Identify adopters and users
- Specify adoption, implementation, and sustainability
- Create planning table
- Write implementation plan

Step 6
**Evaluation plan**
- Develop an evaluation model
- Develop effect and process evaluation questions
- Develop indicators and measures
- Specify evaluation designs

Implementation