Conceptual Model for Taking Healthy Steps

1. Tailored Motivational Messaging
   - Improved Self-Management of COPD

2. Feedback about Walking Performance (Pedometer and Internet)
   - Improved Health-Related Quality of Life

3. Iterative Individually Tailored Goal Setting
   - Improved strength and fitness

4. Social Support from Online Community
   - Decreased Hospitalization Days

Baseline Participant Characteristics
- (Demographics, disease severity, rural vs. urban)

Self-Efficacy for Walking
- Goal commitment

Self-Regulation Feedback Loop
- Was goal met?

Walking performance
- Intervention Component
- Primary Outcome