Step 1. Conduct Needs Assessment

Tasks: - Define the health problem and at risk population
    - Assess feasibility
    - Select Intervention Mapping Team members

Step 2. Develop Proximal Program Objective Matrices

Tasks: - Identify important stakeholders
    - State expected changes in behaviour and environment
    - Specify performance objectives and determinants
    - Create matrices of proximal program objectives for each important stakeholder, and write learning and change objectives

Step 3. Develop Theory-based Methods and Practical strategies

Tasks: - Brainstorm and match possible interventions to each change and learn objectives
    - Translate interventions into practical strategies

Step 4. Develop Program Plan

Tasks: - Operationalize practical interventions and strategies into deliverable program
    - Outline mechanism of program delivery and timelines
    - Delineate roles and responsibilities
    - Design program materials

Step 5. Develop Adoption and Implementation Plan

Tasks: - Specify how the program will be implemented using Steps 2-4
    - Pilot the program

Step 6. Develop Evaluation Plan

Tasks: - Develop methods for evaluating effectiveness of the program (outcome)
    - Develop methods for monitoring implementation (process)

adapted from Bartholomew et al 1998