<table>
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<th>Products</th>
<th>Tasks</th>
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| **Step 1**<br>Needs Assessment | - Plan needs assessment  
- Assess health, quality of life, behavior and environment  
- Assess capacity  
- Establish programme outcomes |
| **Step 2**<br>Proximal Programme Objective Matrices | - State expected changes in behavior and environment  
- Specify performance objectives  
- Specify determinants  
- Create matrices of learning and change objectives |
| **Step 3**<br>Theory-Based Methods And Practical Strategies | - Review programme ideas with interested participants  
- Identify theoretical methods  
- Choose programme methods  
- Select or design strategies  
- Ensure that strategies match change objectives |
| **Step 4**<br>Programme | - Consult with intended participants and implementers  
- Create programme scope, sequence, theme and materials list  
- Develop design documents and protocols  
- Review available materials  
- Develop programme materials  
- Pretest programme materials with target groups and implementers and oversee materials production |
| **Step 5**<br>Adoption and Implementation Plan | - Identify adopters and users  
- Specify adoption, implementation and sustainability performance objectives  
- Specify determinants and create matrix  
- Select methods and strategies  
- Design intervention to affect programme use |
| **Step 6**<br>Evaluation Plan | - Develop evaluation model  
- Develop effect and process evaluation questions  
- Develop indicators and measures  
- Specify evaluation designs  
- Write an evaluation plan |