



# Change Talk Tracker

Activity Sheet 2

## Change Goal:

Type of change talk	Number of times observed		Comments
	Change	Sustain	
<b>D</b> esire to change			
<b>A</b> bility to change			
<b>R</b> easons for change			
<b>N</b> eeds for change			
<b>C</b> ommitment to change			
<b>A</b> ctivation to change			
<b>T</b> aking <b>S</b> teps to change			

**Other Comments:**

