

B	I	N	G	O
Subjective Norm (G)	Action (CC)	Contemplation (JB)	Preparation (G)	Precontemplation (CC)
Contemplation (CC)	Subjective Norm (CC)	Precontemplation (JB)	Action (G)	Preparation (CC)
Preparation (PD)	Subjective Norm (JB)	TTM	Action (JB)	Maintenance (G)
Maintenance (JB)	Preparation (JB)	Maintenance (PD)	Maintenance (CC)	Precontemplation (G)
Contemplation (PD)	Action (PD)	Precontemplation (PD)	Subjective Norm (PD)	Contemplation (G)

B	I	N	G	O
Subjective Norm (JB)	Action (G)	Preparation (G)	Contemplation (CC)	Precontemplation (JB)
Contemplation (JB)	Subjective Norm (PD)	Precontemplation (CC)	Action (PD)	Preparation (CC)
Maintenance (JB)	Action (JB)	TTM	Maintenance (G)	Action (CC)
Maintenance (CC)	Precontemplation (PD)	Subjective Norm (G)	Contemplation (G)	Preparation (JB)
Maintenance (PD)	Precontemplation (G)	Preparation (PD)	Subjective Norm (CC)	Contemplation (PD)

B	I	N	G	O
Action (PD)	Precontemplation (PD)	Action (G)	Precontemplation (G)	Action (JB)
Subjective Norm (G)	Maintenance (JB)	Maintenance (PD)	Subjective Norm (CC)	Precontemplation (CC)
Preparation (PD)	Contemplation (G)	TTM	Preparation (JB)	Maintenance (CC)
Subjective Norm (JB)	Preparation (CC)	Preparation (G)	Subjective Norm (PD)	Contemplation (JB)
Maintenance (G)	Action (CC)	Precontemplation (JB)	Contemplation (CC)	Contemplation (PD)