

B	I	N	G	O
Transtheoretical Model	Achievable/attainable	Extroversion/introversion	Self-efficacy	Perceived susceptibility
Environment	Stress-buffering effect	Preparation	Attitudes	SMART
Stages of Change	True	FREE	Basic Needs Theory	Health Belief Model
Immediate Outcome	Social and physical environment	Most	Formative	Precede-Proceed
False	Ecological Model	Problem-focused	behavioral intention	Evaluation

B	I	N	G	O
True	Attitudes	Self-efficacy	Environment	Preparation
Extroversion/introversion	behavioral intention	Perceived susceptibility	Ecological Model	SMART
Immediate Outcome	Basic Needs Theory	FREE	Health Belief Model	Achievable/attainable
Formative	Problem-focused	Transtheoretical Model	Evaluation	Social and physical environment
Most	Precede-Proceed	Stages of Change	Stress-buffering effect	False

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Ecological Model	Problem-focused	Attitudes	Precede-Proceed	Basic Needs Theory
Transtheoretical Model	Immediate Outcome	Most	Stress-buffering effect	Perceived susceptibility
Stages of Change	Evaluation	FREE	Social and physical environment	Formative
True	SMART	Self-efficacy	behavioral intention	Extroversion/introversion
Health Belief Model	Achievable/attainable	Preparation	Environment	False