

Behavior Modification Theory

- Patient actively involved in the process
 - ◆ Setting realistic short term goals
 - ◆ Determining their confidence to achieve each goal
 - ◆ Receiving feedback on success and revise plan
 - ◆ Receiving lifestyle/physical activity counseling (prompts to increase adoption and maintenance)
 - ◆ Develop social support systems

Behavior Modification Theory And Practice

Jessica J Manson



Behavior Modification Theory And Practice:

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It is your categorically own become old to feint reviewing habit. accompanied by guides you could enjoy now is **Behavior Modification Theory And Practice** below.

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