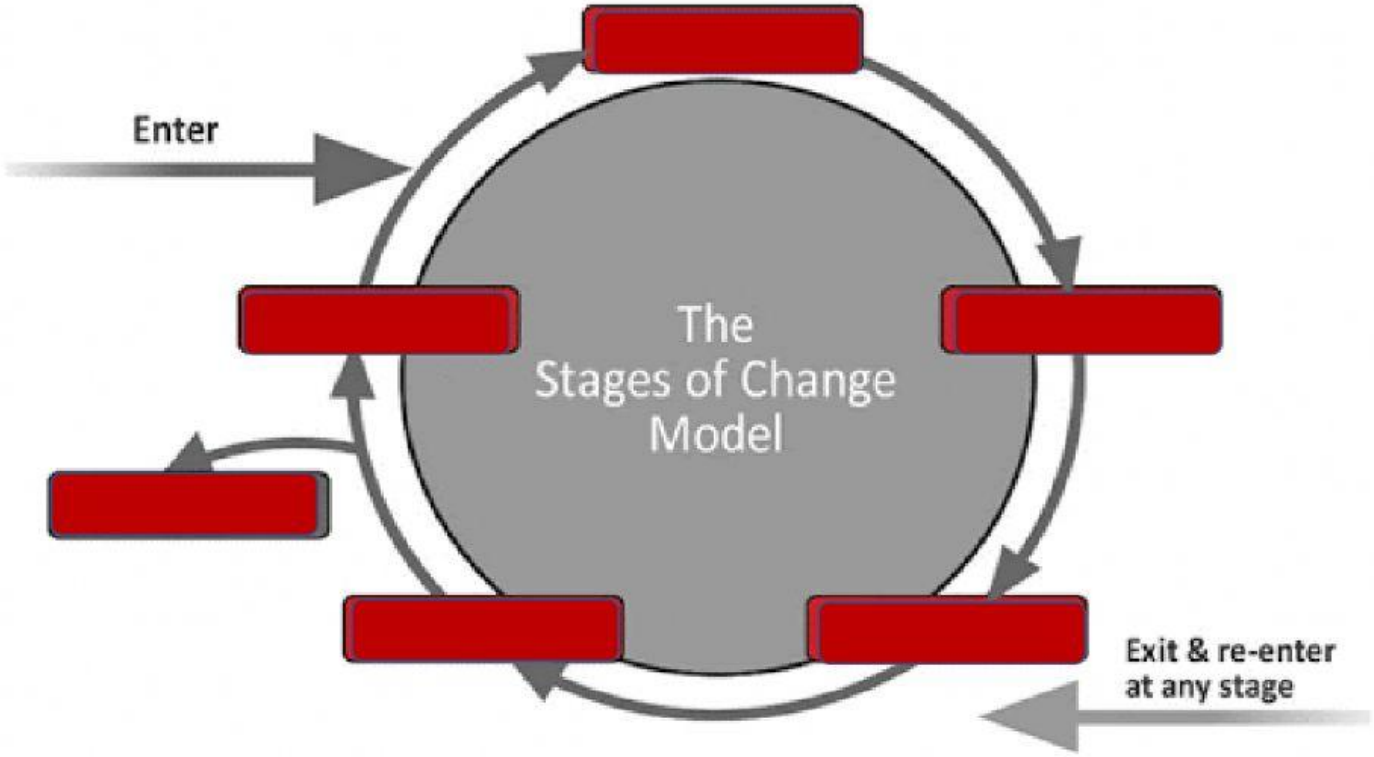
Pre-contemplation	Preparation	Action
Maintenance	Contemplation	Relapse



LIVEWORKSHEETS