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Modeling Behavior Change For Better Health

Figure 1. The ASM Behavior Change Model Stage One: Awareness And Motivation No One Undertakes The Discomfort And Sustained Effort That Are Necessary To Change An Established Behavior Without Powerful Motivation, And An Essential Precursor To Motivation Is The Awareness Of A Serious Health 2th, 2024

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Arctic To Antarctic, 2x/year Types Of Behavior 9. Communication = Signaling Between One Animal & Another Greeting E.g. Sniff, Hug, Kiss “bite” Aggression E. G. Charge, Bite, Hit, Fight, Etc. Non-aggression E.g. Patting, Head Butting, Stroking Types Of Behavior- Communicatio 8th, 2024

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