



-  Personal
-  Social
-  Environmental
-  Facilitator
-  Barrier
-  Setback





Personal

What the person feels, thinks, or wants



Social

What friends, family, and neighbors say or do



Environmental

What services, resources, and policies exist where the person lives



Facilitator

Something that makes it easier to do the healthy behavior



Barrier

Something that makes it harder to do the healthy behavior



Setback

Something that could make the person stop doing the healthy behavior

Pathways to Change game

Ecological Model



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