













- **Facilitator**
- **Barrier**
- Setback



































## Pathways

























to







Change





game









































































































#### **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

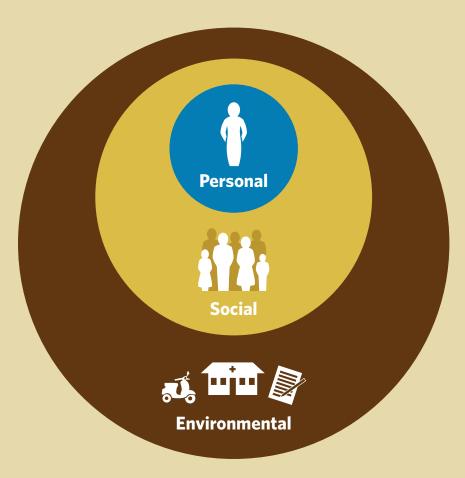


#### **Setback**

Something that could make the person stop doing the healthy behavior

# Pathways to Change game

### **Ecological Model**



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