

Organisational levels (Maintaining Change Themes)	Burdens	Environment		Facilities	Locality	Weather	Season	Cost				
		Social		Demands	Relationships	Unhelpful advice	Time demands	The wrong time	Occasions			
		individual	Physical	Pre existing physical condition	Physical setback	Medication issues						
			Psychological	Temptation	Confusion	Resignation	Too much effort	Lack of ability	Injustice			
	Props	individual	Psychological	Temptation avoidance	Stimulus control Substitution	Qualifying burdens	Self talk Encourage	Reward Feeling pleased	Diagnosis impact	Targets Goals Routine	Monitoring self Identifying success	Permission Allowances
			Physical	Becoming fitter	Appropriate medication	Biological feedback	Improving physical condition					
		Social		Helpful relation-ships	Social Involvement	Motivational interviewing	Monitoring professional	Having time	Timeliness	Influence		
		Environment		Locality	Facilities	Weather	Season	Cost				