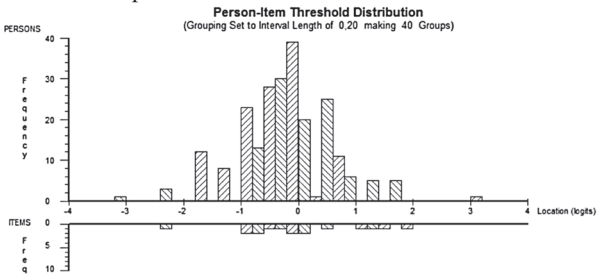
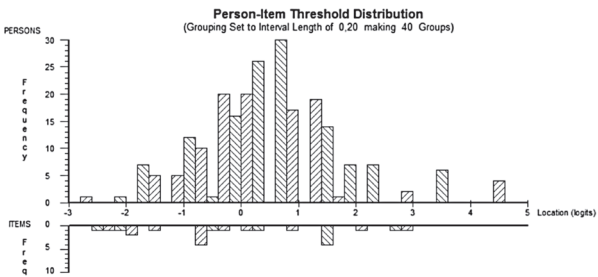


A. Precontemplation



B. Contemplation



C. Action



D. Maintenance

