

**Behavior-change principles**

- Patient-selected behavior-change goals
- Behavior-change props
- Implementation-intentions exercise

**Persuasive psychology**

- Behavior-change prescription
- Social comparisons
- Behavior-change samples
- Testimonials

**ADAPT system  
for behavior-  
change  
counseling**

- Electronic record-based goal-setting tool with facilitated order entry and documentation

- Website-based tailored reminders
- Frequent feedback about progress via email

**Technology**