

# Stages of Change

Stage	Description	Toolkit Resources
<b>Pre-contemplation</b>	Current smokers who are NOT planning on quitting within the next 6 months.	See page 11
<b>Contemplation</b>	Current smokers who are considering quitting within the next 6 months and who have not made an attempt in the last year.	See page 7
<b>Preparation</b>	Current smokers who have made quit attempts in the last year and/or are planning to quit within the next 30 days.	See page 7
<b>Action</b>	Individuals who are not currently smoking and who stopped smoking within the past 6 months (recently quit).	See page 14
<b>Maintenance</b>	Individuals who are not currently smoking and who stopped smoking longer than 6 months but less than 5 years ago (former smokers).	See page 14