

## HO #1-2

# Assessing My Stage of Change

**Goal:** To do physical activity or exercise regularly, such as accumulating

- 150 min of moderate physical activity per week, or
- 75 min of vigorous physical activity per week, or
- a combination of moderate and vigorous physical activity each week, such as
  - a. 75 min of moderate and 40 min of vigorous physical activity, or
  - b. 90 min of moderate and 25 min of vigorous physical activity

### **Moderate-Intensity** Activity Examples

- Brisk walking
- Biking
- Ballroom dancing
- Gardening, such as weeding
- Golfing (no cart)
- Any other physical activity where the exertion is similar to these

### **Vigorous-Intensity** Activity Examples

- Jogging, running
- Tennis
- Biking >10 mph (16 kph)
- Aerobic dancing
- Heavy gardening, such as digging
- Any other physical activity where the exertion is similar to these

**Regular** physical activity means meeting or exceeding the physical activity goal described above. For each question, please mark yes or no.

1. I am currently physically active (at least 30 minutes per week).  Yes  No
2. I intend to become more physically active in the next months.  Yes  No
3. I currently engage in **regular** physical activity.  Yes  No
4. I have been **regularly** physically active for the past 6 months.  Yes  No

### **Scoring Key**

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| • 1, 2, 3, and 4 = no                      | I am in the <b>pre-contemplation</b> stage |
| • 1, 3, and 4 = no and 2 = yes             | I am in the <b>contemplation</b> stage     |
| • 1 and 2 = yes and 3 and 4 = no           | I am in the <b>preparation</b> stage       |
| • 1 and 3 = yes, 2 = yes or no, and 4 = no | I am in the <b>action</b> stage            |
| • 1, 3, and 4 = yes and 2 = yes or no      | I am in the <b>maintenance</b> stage       |