

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

- 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

- 1, 2, 3, and 4 = no I am in the **precontemplation** stage.
- 1, 3, and 4 = no and 2 = yes I am in the **contemplation** stage.
- 1 and 2 = yes and 3 and 4 = no I am in the **preparation** stage.
- 1 and 3 = yes, 2 = yes or no, and 4 = no I am in the **action** stage.
- 1, 3, and 4 = yes and 2 = yes or no I am in the **maintenance** stage