

HO 14-1: Readiness to Change My Physical Activity

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 <10 mph (16 kph)
- Ballroom dancing
- General 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 statement, 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 6 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

- No to 1, 2, 3, and 4 = **Precontemplation** stage
- No to 1, 3, and 4, Yes to 2 = **Contemplation** stage
- Yes to 1 and 2, No to 3 and 4 = **Preparation** stage
- Yes to 1 and 3, Yes or No to 2, No to 4 = **Action** stage
- Yes to 1, 3, and 4, Yes or No to 2 = **Maintenance** stage