



PHYSICAL ACTIVITY QUESTIONNAIRE

Stages of Change

Moderate physical activity includes such activities as walking, gardening and heavy housecleaning. For moderate activity to be regular, it must add up to a total of **30 or more minutes per day** and be done **at least 5 days per week**. For example, you could take a 30 minute walk or take a 10 minute walk, rake leaves for 10 minutes and climb stairs for 10 minutes adding up to a total of 30 minutes. Physical activity can add up to give you **Get Moving** health rewards!

Find Your Personal Starting Point.

For each question below, please mark Yes or No.

- | | <u>YES</u> | <u>NO</u> |
|--|--------------------------|--------------------------|
| 1. I currently participate in moderate physical activity. | A. <input type="radio"/> | B. <input type="radio"/> |
| 2. I intend to increase my participation in moderate physical activity in the next 6 months. | C. <input type="radio"/> | D. <input type="radio"/> |
| 3. I currently engage in regular moderate physical activity. | E. <input type="radio"/> | F. <input type="radio"/> |
| 4. I have been participating in moderate physical activity regularly for the past 6 months. | G. <input type="radio"/> | H. <input type="radio"/> |
| 5. In the past, I have been regularly physically active in moderate activities for a period of at least 3 months. | I. <input type="radio"/> | J. <input type="radio"/> |

SCORING INSTRUCTIONS TO DETERMINE YOUR STAGE OF CHANGE:

Determine your stage of readiness and refer to the enclosed stage-based handouts.

- If line **B** and **D** are checked: **STAGE 1 – Precontemplation:** currently has no intention of being active
- If line **B** and **C** are checked: **STAGE 2 – Contemplation:** not active, but intends to be soon
- If line **A** and **F** are checked: **STAGE 3 – Preparation:** trying, but not yet regularly active
- If lines **A,E,** and **H** are checked: **STAGE 4 – Action:** regularly active, but for less than 6 months
- If lines **A,E,** and **G** are checked: **STAGE 5 – Maintenance:** regularly active for 6 months or more
- If line **I** is checked, you may be in **Relapse**