

FORM 1.9 Activity Counseling Model Checklist

Step 1: Establish rapport	Action checklist
Create a friendly welcome: Be receptive and responsive	<input type="checkbox"/> Friendly environment <input type="checkbox"/> Caring demonstrated <input type="checkbox"/> Clients talking about themselves
Discuss the counseling process and the reason for attending	<input type="checkbox"/> Clients share why they are there and what they hope to change
Ensure you have received your client's messages	<input type="checkbox"/> Clear messages sent <input type="checkbox"/> Effective listening (paraphrasing)
Step 2: Gather information	Action checklist
Examine past, present, and future	<input type="checkbox"/> Discuss activity patterns <input type="checkbox"/> Establish why client likes (dislikes) current activity . . . window to motivation
Identify needs, wants, and lifestyle	<input type="checkbox"/> Wants: activity preferences, special interests, or expectations identified <input type="checkbox"/> Needs: injury, fitness component, health risk factors, special design, education, or motivational support identified <input type="checkbox"/> Lifestyle: time, facilities, partners, travel, employment, and so on <input type="checkbox"/> "Routines," for example, work, activity, sleep, eating, family identified <input type="checkbox"/> Effective questioning
Determine your client's stage of change	<input type="checkbox"/> Stage of change (commitment) identified
Step 3: Establish strategies for change	Action checklist
Select strategies that match your client's stage of change	<input type="checkbox"/> Stage of change strategy identified (including major barriers)
Maximize benefits from the client's perspective	<input type="checkbox"/> Options identified (pros and cons) <input type="checkbox"/> Check back with client regarding priorities
When goal setting, use measurable objectives	<input type="checkbox"/> Goals identified and refined as measurable objectives <input type="checkbox"/> Discussion regarding follow-up applications: assessment, general action plan, prescription, and so on

From J.C. Griffin, 2015, *Client-centered exercise prescription*, 3rd ed. (Champaign, IL: Human Kinetics).