

FORM 1.6 Stages of Change Questionnaire

Physical activity can include such activities as walking, cycling, swimming, climbing stairs, dancing, active gardening, walking to work, aerobics, and sports. Regular physical activity is 30 min of moderate activity accumulated over the day, almost every day, or vigorous activity done at least three times per week for 20 min each time.

Here are a number of statements describing various levels of physical activity. Please select the one that most closely describes your own level:

(Please pick one.)

I am not physically active and I do not plan on becoming so. 1

I have been thinking about becoming physically active, but I haven't done anything about it yet. 2

I am physically active once in a while, but not regularly. 3

I have become involved in regular physical activity within the past 6 months. 4

I participate in regular physical activity and have done so for more than 6 months. 5

(Answer if not currently active.)

I was physically active in the past, but not now. Yes No