

Assessing My Stage of Change

Goal: To do physical activity or exercise that adds up to

- 150 min of moderate physical activity per week,
- 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 miles per hour (16 kph)
- Ballroom dancing
- Gardening, such as weeding
- Golfing (no cart)
- Water aerobics
- Any other physical activity where the exertion is similar to these

Vigorous-Intensity Activity Examples

- Jogging or running
- Tennis
- Biking >10 mph (16 kph)
- Aerobic dancing or Zumba
- Heavy gardening, such as digging
- Swimming laps
- Any other physical activity where the exertion is similar to these

For your physical activity to be considered *regular*, it must add up to at least 150 minutes of moderate activity or 75 minutes of vigorous activity a week (see previous examples).

Answer these questions, then use the scoring key to identify your stage.

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 six months. Yes No
3. I currently engage in *regular* physical activity. Yes No
4. I have been *regularly* physically active for the past six months. Yes No

Scoring Key

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| • 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 |