

RM 1–FM: Physical Activity Stages of Change—Questionnaire*

For each of the following questions, please circle **Yes** or **No**. Be sure to follow the instructions carefully.

Physical activity or exercise includes activities such as walking briskly, jogging, bicycling, swimming, or any other activity in which the exertion is at least as intense as these activities.

	No	Yes
1. I am currently physically active.	0	1
2. I intend to become more physically active in the next six months.	0	1

For activity to be *regular*, it must add up to a *total* of 30 minutes or more per day and be done at least five days per week. For example, you could take one 30-minute walk or take three 10-minute walks for a total of 30 minutes.

	No	Yes
3. I currently engage in <i>regular</i> physical activity.	0	1
4. I have been <i>regularly</i> physically active for the past six months.	0	1

SCORING

If question 1 = 0 and question 2 = 0, then you are at stage 1 (*Pre-contemplation*).

If question 1 = 0 and question 2 = 1, then you are at stage 2 (*Contemplation*).

If question 1 = 1 and question 3 = 0, then you are at stage 3 (*Preparation*).

If question 1 = 1, question 3 = 1, and question 4 = 0, then you are at stage 4 (*Decision/action*).

If question 1 = 1, question 3 = 1, and question 4 = 1, then you are at stage 5 (*Maintenance*).

* Source: Adapted, with permission, from B. H. Marcus and L. H. Forsyth, 2003, *Motivating People to Be Physically Active*, (Champaign, IL: Human Kinetics), page 21.