**Stage of Change Questionnaire**

For each of the following questions, please Yes or No. Please be sure to read the questions carefully.

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

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| 1. I am currently physically active.
 |  |  |
| 1. I intend to become more physically active in the next 6 months.
 |  |  |

For activity to be regular, it must add up to a total of 20 minutes or more per day and be completed at least 3 days per week.

|  |  |  |
| --- | --- | --- |
|  | Yes | No |
| 1. I currently engage in regular physical activity.
 |  |  |
| 1. I have been regularly physically active for the past 6 months.
 |  |  |