**Title**

Readiness Ruler

**Time**

Pre-session preparation for learners:  5 minutes

Session:  15 minutes

**Materials Checklist**

Readiness Ruler Handout

Pen/Pencil

**Objectives**

To identify readiness to do physical activity

**Learners will be able to:**

Identify their readiness to do physical activity

**Exercises and Activities to Complete Before and During the Session**

Circle the number on the ruler that represents readiness to begin.

**Pre-session Preparation**

**Read (5 minutes)**

Review the Readiness Ruler Handout

**During the session**

**Present/Review (5 minutes)**

Explain to the Participants that this ruler represents readiness to begin increasing their daily physical activity. The numbers range from 0 – not even thinking about physical activity to 10 – currently making a change.

**Discuss (10 minutes)**

Ask participants to circle the number on the ruler that represents readiness to begin. Discuss what it would take to move from the current number to the next.