**Stages of Change Handout**

1. **Think about the following question:**

Are you regularly physically active based on your age recommendations?

Yes No

1. **Check one of the following to narrow your answer:**

* **YES. I have been for MORE than 6 months.**
* **YES. I have been for LESS than 6 months.**
* **NO, but I intend to in the next 30 days.**
* **NO, but I intend to in the next 6 months.**
* **NO, and I do NOT intend to in the next 6 months.**

1. **Match your answer by color to the following Stage of Change:**

**Precontemplation Description:** not thinking about engaging in activity – **PURPLE**

**Contemplation Description:** thought about it but have not done it – **BLUE**

**Preparation Description:** preparing to engage in activity – **GREEN**

**Action Description:** engaging in activity– **ORANGE**

**Maintenance Description:** continuing to be active – **RED**

1. **Write in your Stage of Change.**

My Stage of Change is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Revisit your Stage of Change Weekly.**