



WHAT STAGE AM I?

Name _____ Date _____

Check the description that best describes your current physical activity level.

	1	Couch potato —"I don't engage in regular physical activity. I can often be found doing sedentary activities like reading, playing computer games, or watching television."
	2	Inactive thinker —"I don't yet engage in regular physical activity, but I do think about activities I might like to try and what it would be like to be active."
	3	Planner —"I am not active, but I'm on my way. I've taken some steps to get ready like buying clothes or shoes or inquiring about fitness equipment."
	4	Activator —"I am physically active, but it isn't always a priority for me. I'm not very consistent with my activity, but I am working on it"
	5	Active exerciser —"I am active on a regular basis and can stay active even when I get busy or when life throws me challenges. I enjoy activity and value what it can do for me."

If you checked stage 4 or 5, write down what types of activities you do for each part of the Physical Activity Pyramid.

Lifestyle Physical Activity: _____

Active Aerobics: _____

Active Sports and Recreation: _____

Flexibility: _____

Muscular Strength and Endurance: _____

If you checked stage 2 or 3, write down what types of activities you have tried or have thought about trying for each part of the Physical Activity Pyramid.

Lifestyle Physical Activity: _____

Active Aerobics: _____

Active Sports and Recreation: _____

Flexibility: _____

Muscular Strength and Endurance: _____

If you checked stage 1, write down three self-management skills you might be able to develop that could help you become more active.
