

**Application****WHAT STAGE AM I IN?****5**

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

<b>1</b>	<b>Couch Potato</b> —"I don't engage in regular physical activity. I can often be found doing sedentary activities like reading, playing computer games, or watching television."
<b>2</b>	<b>Inactive Thinker</b> —"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."
<b>3</b>	<b>Planner</b> —"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."
<b>4</b>	<b>Activator</b> —"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."
<b>5</b>	<b>Active Exerciser</b> —"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 to become more active.

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