

# Are YOU ready to WALK for your HEALTH?

OTs Walk with NAMI



Each question can be answered with  
“very”, “sort of” or “not at all”

How concerned am I about my health?	very	sort of	not at all
How much do I want to do something about my health right now?	very	sort of	not at all
How confident am I that I can do something about my health?	very	sort of	not at all
Do I think I can do something about the things that are getting in my way?	very	sort of	not at all
How ready am I to change my exercise pattern?	very	sort of	not at all
How ready am I to become more physically active?	very	sort of	not at all
Are my family and friends ready to support my efforts?	very	sort of	not at all
How ready am I to join the Walking for Health group?	very	sort of	not at all
<i>Check</i>	Adapted from Anne M Fletcher <i>Readiness</i>		



## **Are YOU ready to WALK for your HEALTH?**

### **Scoring**

score 1 point for “not at all”

score 2 points for “sort of”

score 3 points for “very”

### **Total Scores**

<b>Stage of Change</b>	<b>Range</b>
<b>Precontemplation Stage</b>	8
<b>Contemplation Stage</b>	9 to 16
<b>Preparation Stage</b>	17 to 22
<b>Action Stage</b>	23 to 24
<b>Maintenance Stage</b>	
<b>Relapse and Recycling</b>	

**Provide strategies based upon model on the Transtheoretical Model of Behavior Change Stages**