

Are YOU ready to WALK for your HEALTH?



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

OTs Walk with NAMI



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Scoring

score 1 point for “not at all”

score 2 points for “sort of”

score 3 points for “very”

Total Scores

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

OTs can provide individualized strategies using Transtheoretical Model of Behavior Change to support the development of healthier behaviors