



MOVING MORE - AM I READY?

The Process to Become More Physically Active

Regardless of where you begin on the scale/continuum, you have the opportunity to reach the final stage and live a more physically active lifestyle.

Stage 6 - Termination

I do not have to think about being physically active, it comes naturally now.

Stage 5 - Maintenance

I have been active for at least six months and started to reward myself for sticking to the program.

Stage 4 - Action

I have begun to make changes by atleast walking more.

Stage 3 - Preparation

I have learned the benefits of being active and I am making plans to become more active.

Stage 2 - Contemplation

I believe being more active would benefit me.

Stage 1 - Precontemplation

I am not active and do not think about it.



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MY PROS & CONS TO MOVING MORE

The Pros - Reasons to move more

List all the reasons why you should be physically active. Include both health and personal benefits.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now review your list of pros and check those that will most likely motivate you to move more. Knowing these true advantages will help you be successful at developing your S.M.A.R.T. plan to move more.

The Cons - Reasons not to move more

List all the reasons that are keeping you from changing your activity level.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Look over this list of cons and check those that are the greatest barriers to your becoming more active. This will be useful to know so you can develop ways to overcome and plan around these barriers as you develop your S.M.A.R.T. plan to move more.

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CREATE A S.M.A.R.T PLAN TO MOVE MORE

It is critical to have a plan before you take action to move more. There are 5 requirements for a S.M.A.R.T. plan.

Specific

- Set a concrete goal that addresses specific behaviors and results you want. What do you want to have happen?
- Example: "I will be able to walk briskly for a total of 15 minutes for at least three days this week."

Measurable

- You must be able to tell when you have accomplished your goal. How will you know? When do you want it to happen?

Achievable

- Is your goal achievable? In other words, can you realistically do this? Does it fit into your daily routine? Is it something you like to do? Do you have support from your family?

Rewarding

- How will you reward yourself when you achieve your goal?
- Example: "Everyday that I accumulate 15 minutes of activity, I will take a bubble bath. When I can walk a mile in less than 20 minutes, I will go see a movie with my spouse or friend."

Trackable

- How will you keep track of your progress?
- Example: "My daily exercise log will help me track my progress."

Move More Contract

I _____ set the following **SPECIFIC** and **MEASURABLE** goal for myself:

My goal is **ACHIEVABLE** because: _____

I will give myself the following **REWARDS** when I'm successful at reaching this goal (list reward and milestone): _____

I will keep **TRACK** of my progress in the following way: _____

Signed: _____ Date: _____

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ASSESSING YOUR BLOCKING & SUPPORTING FACTORS TO MOVING MORE

What factors in your emotions or environment support or block your desire to move more? Use this worksheet to identify these factors so you can begin to look for ways to decrease the blocking factors (barriers) and increase the supporting factors.

My Goal is:

In Your Emotions/Attitudes:

Example: Pro: I am concerned about my weight. Con: Lack of time to exercise.

Pro: _____

Con: _____

In Your Family:

Example: Pro: I can be a positive role model for my kids if I exercise. Con: My spouse says exercise would take away from our time together.

Pro: _____

Con: _____

In Your Job/Community:

Example: Pro: I could exercise with my friends. Con: It's difficult to exercise when I travel.

Pro: _____

Con: _____

Ideas to increase supporting factors and decrease blocking factors?

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