

## **Instrument proposed to evaluate the stages of change for physical activity in adults**

Let's talk about physical activities, such as walking, exercises and sports, performed on a regular basis, and that increase your breathing or heart rate.

- 1) Do you currently engage in regular physical activity, that is, 3 days per week for at least 20 minutes each time?
  - (0) No → go to the next question
  - (1) Yes → go to question 4
- 2) Do you intend to engage in regular physical activity in the next 6 months?
  - (0) No → finish the questionnaire
  - (1) Yes → go to the next question
- 3) Do you intend to engage in regular physical activity in the next 30 days?
  - (0) No → finish the questionnaire
  - (1) Yes → finish the questionnaire
- 4) Have you been engaged in regular physical activity for the past 6 months or more?
  - (0) No → finish the questionnaire
  - (1) Yes → finish the questionnaire

### Staging algorithm:

Precontemplation: question 1 = no; question 2 = no.

Contemplation: question 1 = no; question 2 = yes; question 3 = no.

Preparation: question 1 = no; question 2 = yes; question 3 = yes.

Action: question 1 = yes; question 4 = no.

Maintenance: question 1 = yes; question 4 = yes.