



# QUESTIONS TO ASK YOURSELF ABOUT GETTING READY TO EXERCISE

Answer these questions to assess how active you are now and why you want to become more active.

1. Am I currently exercising on a regular basis?

Yes

No

2. How much time do I spend sitting each day?

3. How much time am I active and how often each week?

4. When I'm active, what kinds of activities am I doing?

5. What motivated or would motivate me to start exercising?

**Check all that apply:**

- To become more physically fit
- To help prevent future health problems
- To reduce stress
- To manage a chronic condition, like heart disease or diabetes
- To spend time with friends and family or make new friends
- Other: \_\_\_\_\_

