

## Chancellor's Challenge

### Initial Stage of Change Survey

Please read the six statements below. Circle the number of the one statement that best describes your current level of physical activity.

“Vigorous” exercise includes activities like jogging, running, fast cycling, swimming laps, and racquetball. Count any activity that makes you work as hard as jogging and lasts at least 20 minutes at a time. These types of activities usually increase your heart rate, make you sweat and feel out of breath.

“Moderate” exercise includes activities such as brisk walking, gardening, slow cycling, dancing, or hard work around the house. Count any activity that makes you work as hard as brisk walking and that lasts at least 10 minutes at a time.

#### Current Physical Activity Status

1. I don't exercise or walk regularly now, and I don't plan to start in the near future.
2. I don't exercise or walk regularly, but I've been thinking about starting.
3. I am trying to start to exercise or walk, or I walk or exercise infrequently.
4. I'm doing moderate physical activity fewer than 5 times a week or vigorous activity fewer than 3 times a week.
5. I've been doing 30 minutes of moderate physical activity 5 or more times a week, or 20 minutes of vigorous activity at least 3 times a week, for the last 1 to 6 months.
6. I've been doing 30 minutes of moderate physical activity 5 or more times a week, or 20 minutes of vigorous activity at least 3 times a week, for 7 months or longer.

(Record this number on the Registration Form and return all forms to the HHP Department)