



Self-rating for readiness to become physically active

The following can be used in conjunction with action planning, the weekly diary or by itself. You may already have an idea of what things you would like to do and all the questions below may not apply to you. If they do not, you can leave the question blank.

On a scale of 1-6, with 1 being unlikely and 6 strongly likely, rate the following questions:

	Unlikely			Strongly likely		
	1	2	3	4	5	6
I think I can ask my parent or other adult to sign me up for a sport, dance, or other physical activity						
I think I can ask my parent or other adult to take me to a physical activity or sport practice						
I think I can ask my best friend to be physically active with me						
I think I can ask my parents or other adult to do physically active things with me						
I think I can ask my parent or other adult to get me the equipment I need to be physically active						
I think I have the skills I need to be physically active						
I think I can be physically active most days after school						
I think I can be physically active no matter how busy my day is						
I think I can be physically active even if it is hot or cold outside						
I think I can be physically active, even if I have a lot of homework						
I think I can be physically active after school even if I could watch TV or play video games instead						
I think I can be physically active even if I have to stay at home						
I think I can be physically active even when I'd rather be doing something else						

Identify the areas you have scored the most points and find ways of becoming active in those areas.

To increase your physical activity levels, fill in the table below to help you become more active in the areas you have identified.

Week		What activity	With who	When	For how long
1	Goal				
	How I did			Now set goals for week 2	
2	Goal				
	How I did			Now set goals for week 2	
3	Goal				
	How I did			Now set goals for week 4	
4	Goal				
	How I did			Now set goals for week 5	