

Transtheoretical Model

Level	Criteria
<p>Pre-contemplation</p> <p>Not thinking about change</p>	<ul style="list-style-type: none"> • Discuss or read about benefits of physical activity. • Write or discuss ways their inactivity are affecting people important to them. • Write down or discuss what physical activities they enjoy and where they could do them in their community. • Speak with their doctor about how they might personally benefit from exercise. • Write down or discuss rewards they could use for reaching goals. • Re-assess their stage periodically.
<p>Contemplation</p> <p>Thinking about change</p>	<ul style="list-style-type: none"> • Discuss risks for not changing and benefits of changing (balance sheet/pros and cons). • Research where they can participate in physical activities around their home and in their community. • Discuss or read about barriers to physical activity and solutions. • Make small incremental changes in normal daily routines. • Keep a log of activity and inactivity for a week. • Re-assess their stage periodically.
<p>Preparation</p> <p>Doing some physical activity</p>	<ul style="list-style-type: none"> • Look at your activity log and plan to replace 15 minutes of inactive time each day with a physical activity. • Write down activities you enjoy and find classmates/friends with similarities. • Discuss with parents/guardians how they can reward you for meeting your goals. • Re-assess their stage periodically.
<p>Action</p> <p>Doing enough physical activity</p>	<ul style="list-style-type: none"> • Discuss risks for not changing and benefits of changing (balance sheet/pros and cons). • Research where they can participate in physical activities around their home and in their community. • Discuss or read about barriers to physical activity and solutions. • Make small incremental changes in normal daily routines. • Keep a log of activity and inactivity for a week. • Re-assess their stage periodically.
<p>Maintenance</p> <p>Making physical activity a habit</p>	<ul style="list-style-type: none"> • Discuss or write down the strategies that have helped you so far and think about ways to make these strategies part of your daily routine. • Create a physical activity contract and continue setting short and long-term goals for physical activity. • Discuss what to do if you are not meeting your goals. • Talk with people important to you about how they can help you. • Find ways to make physical activity fun and fresh. • Re-assess their stage periodically.