Assess
- Physical fitness
- Study questionnaire
- Laboratory values
- Anthropometric values

Agree
- Collaboratively set physical activity goals based on patient’s interest and confidence to perform the behavior

Advise
- Health risks
- Benefits of change
- Appropriate amount, intensity, and frequency of physical activity

Arrange
- Specify plan for follow-up visits, telephone calls, mailed reminders

Assist
- Identify personal barriers and problem-solving techniques
- Identify potential community opportunities for physical activity and social support

Personal action plan and PAR
1. List specific goals in behavioral terms
2. List barriers and strategies to address barriers
3. Specify follow-up plan
4. Share plan with practice team and patient’s social support