Instrument proposed to evaluate the stages of change for physical activity in adults

Let’s talk about physical activities, such as walking, exercises and sports, performed on a regular basis, and that increase your breathing or heart rate.

1) Do you currently engage in regular physical activity, that is, 3 days per week for at least 20 minutes each time?
   (0) No → go to the next question
   (1) Yes → go to question 4

2) Do you intend to engage in regular physical activity in the next 6 months?
   (0) No → finish the questionnaire
   (1) Yes → go to the next question

3) Do you intend to engage in regular physical activity in the next 30 days?
   (0) No → finish the questionnaire
   (1) Yes → finish the questionnaire

4) Have you been engaged in regular physical activity for the past 6 months or more?
   (0) No → finish the questionnaire
   (1) Yes → finish the questionnaire

Staging algorithm:
Precontemplation: question 1 = no; question 2 = no.
Contemplation: question 1 = no; question 2 = yes; question 3 = no.
Preparation: question 1 = no; question 2 = yes; question 3 = yes.
Action: question 1 = yes; question 4 = no.
Maintenance: question 1 = yes; question 4 = yes.