Author's response to reviews

Title: Validity of a brief Stages of Change instrument relevant to the physical activity goal of achieving 10,000 steps per day

Authors:

Richard R Rosenkranz (ricardo@ksu.edu)
Mitch J Duncan (Mitch.Duncan@newcastle.edu.au)
Cristina M Caperchione (cristina.caperchione@ubc.ca)
Gregory S Kolt (g.kolt@uws.edu.au)
Corneel Vandelanotte (c.vandelanotte@cqu.edu.au)
Anthony J Maeder (a.maeder@uws.edu.au)
Trevor N Savage (t.savage@uws.edu.au)
W K Mummery (kerry.mummery@ualberta.ca)

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Extensive changes to the manuscript have been made in accordance with the reviewer comments. Details are provided in the revision and response cover letter.