

# CSEP-PATH: STAGES OF CHANGE QUESTIONNAIRE (SOC-Q)

Physical activity can include activities such as walking, cycling, swimming, climbing the stairs, dancing, active gardening, walking to work, aerobics or sports. For health benefits, Canadians of all ages should be physically active each day, minimize time spent being sedentary, and achieve sufficient sleep. See the *Canadian 24-Hour Movement Guidelines* for all ages at [www.csep.ca/guidelines](http://www.csep.ca/guidelines).

1. Here are a number of statements describing various levels of physical activity. Please check the box that corresponds to the statement that most closely describes your current level of physical activity.

- I am not physically active and I do not plan on becoming so in the next six months.
- I am not physically active, but I have been thinking about becoming so in the next six months.
- I am physically active once in a while, but not regularly.
- I am currently physically active, but have only begun doing so within the last six months.
- I participate in regular physical activity and have done so for more than six months.

2. If you are not currently physically active, were you physically active in the past?

- Yes
- No