

## CURRENT LEVEL OF ACTIVITY

**Read out levels of activity below and tick ONE statement only after participant has responded**

“Which of the following **best** describes your own **personal** exercise or physical activity patterns at the moment?”

I do not do any planned physical activity during the week and would find it difficult to start

I am seriously thinking about doing planned physical activity each week

I used to exercise regularly each week but have lapsed

In the last six months I have started doing regular activity

I exercise once in a while but not weekly

I exercise regularly each week