

Teach Well - Gimme 5 Atlanta R6 FJV Stages of Change - Adult

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Teach Well/Gimme 5 Project

NAME: _____

ID#: _____

TEACHER: _____

DATE: ____/____/____

**Instructions: Fill in Column A for "YES" response and Column B for "NO" response.
OR check the appropriate column A, B, C, or D as indicated for that question.**

DIET:

1. Have you ever changed what you eat to decrease the amount of fat in your diet? (If=NO, skip to Q.5)	A	B		
2. Are you currently limiting the amount of fat in your diet? (If=NONO, skip to Q.5)	A	B		
3. For how long have you limited the amount of fat in your diet? Check: A =less than 30 days; B =1-6 months; C =7-12 months; D =over 1 year	A	B	C	D
4. Would you say you are now eating a low fat diet?	A	B		
5. During the past six months, have you thought about changes you could make to reduce the amount of fat in your diet?	A	B		
6. In the next month, do you plan to make any changes to reduce the amount of fat in your diet?	A	B		
7. Have you ever tried to increase the number of fruits and vegetables in your diet? (If=NONO, skip to Q.11)	A	B		
8. Are you currently increasing the number of fruits and vegetables in your diet? (If=NONO, skip to Q.11)	A	B		
9. For how long have you been increasing the number of fruits & vegetables in your diet? Check: A =less than 30 days; B =1-6 months; C =7-12 months; D =over 1 year	A	B	C	D
10. Would you say you are now eating at least five servings of fruits and vegetables a day?	A	B		
11. During the past six months, have you thought about changes you could make to increase the number of fruits & vegetables in your diet?	A	B		
12. In the next month, do you plan to make any changes to increase the number of fruits & vegetables in your diet?	A	B		

PHYSICAL ACTIVITY or EXERCISE:

13. Have you ever tried to increase the amount of physical activity or exercise you get? (If=NONO, skip to Q.17)	A	B		
14. Are you currently physically active? (If=NONO, skip to Q.17)	A	B		
15. Would you say you are now physically active at least three times per week?	A	B		
16. For how long have you been working on increasing your physical activity? Check: A =less than 30 days; B =1-6 months; C =7-12 months; D =over 1 year	A	B	C	D
17. During the past six months, have you thought about changes you could make to increase your physical activity?	A	B		
18. In the next month do you plan to make any changes to increase your physical activity?	A	B		