

Sedentary Habits Stages

- **Sedentary Habits** are things you do that don't use a lot of physical energy. Things like watching TV, sitting while talking on the phone or listening to music, or playing games on the computer are examples of sedentary habits.
- Times at school, doing homework, reading, or getting information on the computer **DO NOT** count as sedentary habits.

1. On a school day, how many hours do you do sedentary habits? (like being a couch potato)?

Zero	One	Two	Three	Four	Five	Six or more
0	1	2	3	4	5	6+
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. On a day when you are not in school, how many hours do you do sedentary habits? (like being a couch potato)?

Zero	One	Two	Three	Four	Five	Six or more
0	1	2	3	4	5	6+
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

3. Do you consistently do 2 hours or less of sedentary habits each day?

NO, and I do NOT intend to in the next six months	<input type="radio"/>
NO, but I intend to in the next six months.	<input type="radio"/>
NO, but I intend to in the next 30 days.	<input type="radio"/>
YES, and I have been, but for LESS than 6 months.	<input type="radio"/>
YES, and I have been for MORE than 6 months.	<input type="radio"/>

Sedentary Habits Change Strategies

The following are activities, thoughts, and feelings people use to help them change their sedentary habits. Think of any similar experiences you may be having or have had in the past month. Then rate HOW OFTEN you do each of the following.

PLEASE:

* **Fill in each circle completely.**

* **Erase all changes completely.**

		Never 1	Almost Never 2	Sometimes 3	Often 4	Many Times 5
1. I think about how my surroundings affect how much time I spend being sedentary. (Surroundings are things like TV and computers at home or friends who are couch potatoes.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I keep track of how much time I spend being sedentary.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I find ways to get around the hassles to reducing my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I have a friend or family member who encourages me to reduce my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I say positive things to myself about reducing my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I make back-up plans to be sure I reduce my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. When I find myself spending too much time being sedentary, I tell myself I can get right back on track and be less sedentary.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I set short and long-term goals to reduce my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I try to think more about the benefits and less about the hassles of reducing my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I think about the benefits I will get from reducing my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I reward myself for reducing my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I put reminders around my home to reduce my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I look for information about reducing my sedentary time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I try to develop interests that are not sedentary.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I do things to make sedentary habits less enjoyable.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sedentary Habits Pros & Cons

The following statements are different beliefs about sedentary habits. Please rate **HOW IMPORTANT** each statement is to your decision to do sedentary habits. Use the following scale:

PLEASE:

* Fill in each circle completely.

* Erase all changes completely.

HOW IMPORTANT IS EACH STATEMENT TO YOU WHEN DECIDING WHETHER OR NOT TO DO SEDENTARY HABITS?

		1	2	3	4	5
		Not Important	Slightly Important	Moderately Important	Very Important	Extremely Important
1. I think TV and video games are boring.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I enjoy playing computer/video games for many hours at a time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Watching TV takes time away from doing other more important things.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I would feel lazy and sluggish if I sat and watched TV for many hours.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Watching TV or playing computer games is my way to escape from the world.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I feel good about myself when I do well at my favorite computer games.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I see too many commercials when I watch a lot of TV.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. My parents would be pleased if I spent less time playing computer/video games.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Playing computer/video games sometimes hurts my eyes and gives me a headache.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Watching TV is one of my favorite forms of entertainment.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I find sitting and watching TV very relaxing.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. My friends would be disappointed if I tried to spend less time talking on the phone with them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sedentary Habits Confidence

There are many situations where you can reduce the amount of time that you spend on sedentary habits. Rate **HOW SURE** you are that you can do the following in each situation. Please answer **ALL** questions.

PLEASE:

- * Fill in each circle completely.
- * Erase all changes completely.

	1	2	3	4	5
	I'm sure I can't	I probably can't	Neutral	I probably can	I'm sure I can
1. Turn off the TV even when there is a program on you enjoy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Limit your computer game playing time to 1 hour a day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Leave the room where the TV is on even if others are watching TV?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Plan ahead of time what TV shows you will watch during the week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Instead of just sitting listening to music, listen while you are being active (e.g. walking or dancing)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Set limits on how long you plan to talk on the telephone with friends?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Limit TV, video, and computer games to only 2 hours per day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sedentary Habits Family Support

During a typical week, how often has a member of your household : (For example, your father, mother, brother, sister, grandparent, or other relatives)

	Never	1-2 days	3-4 days	5-6 days	Every day
	1	2	3	4	5
PLEASE: * Fill in each circle completely. * Erase all changes completely.					
1. Encouraged you to spend less time being sedentary?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Discussed with you how sedentary habits can be unhealthy?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Helped you think of ways to reduce the time you spend on sedentary habits?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Told you that you are doing a good job reducing your sedentary habits?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sedentary Habits Friend Support

During a typical week, how often:

	Never	1-2 days	3-4 days	5-6 days	Every day
	1	2	3	4	5
PLEASE: * Fill in each circle completely. * Erase all changes completely.					
1. Do your friends encourage you to spend less time being sedentary?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do your friends do sedentary habits like watch TV or play computer/video games with you?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Closest Friend Support

	0 Friends	1 Friend	2 Friends	3 Friends	4 Friends	5 Friends
3. How many of your five closest friends spend more than 2 hours a day on sedentary habits?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Sedentary Habits Enjoyment

	Strongly disagree	Somewhat disagree	Neutral	Somewhat agree	Strongly agree
4. I enjoy doing sedentary habits like watching TV or playing computer/video games.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>