

EMCC stage assessments

Use this resource to assess which stage of the Exercise Motivation Change Cycle (EMCC) you are currently occupying.

The EMCC Assessment Questionnaire and Assessment Algorithm

Use one or both of the following assessments in conjunction with the Exercise Motivation Change Cycle (EMCC) to assess the stage you are currently occupying.

The EMCC Stage Assessment Questionnaire

(x) = Change you want to make (*what you want to achieve/your goal*)

Which ONE statement do you agree with the most?

1. I have no intention to change my behaviour regarding *(x)*
2. Something has happened within the last two weeks that has got me thinking about changing my behaviour regarding *(x)*
3. I'm thinking about changing my behaviour regarding *(x)*
4. I intend to change my behaviour regarding *(x)* and am putting plans in place to do so
5. I have begun to change my behaviour regarding *(x)*
6. I've already changed my behaviour regarding *(x)* for 6 months or more
7. I've already changed my behaviour regarding *(x)* for 6 months or more but now I'm slipping
8. I managed to change my behaviour regarding *(x)* for 6 months or more but I'm not doing it anymore

Results

1	2	3	4
Status quo	Trigger event	Thinking about change	Deciding and preparing
5	6	7	8
Taking action	Maintaining action	Slipping back	Back to old ways

My stage =

The EMCC Assessment Algorithm

(x) = Change you want to make (*what you want to achieve/your goal*)

Are you currently working towards achieving *(x)*?

Yes		Sort of		No	
Have you been <i>(x)</i> for longer than 6 months?	Have you been <i>(x)</i> for less than 6 months?	Have you been <i>(x)</i> for over 6 months but now find yourself slipping?	Have you been on again, off again regarding <i>(x)</i> ?	Have you recently (within the last month) stopped <i>(x)</i> after regularly <i>(x)</i> for 6 months or more?	
You may be in Maintaining Action	You may be in Taking Action	You may be in Slipping Back		No	Yes
Are you genuinely considering <i>(x)</i> in the near future?					You may be in Back to Old Ways
Yes			No		
Has something happened recently (within the last week or two) that has made you consider <i>(x)</i> ?			You may be in Status Quo		
No		Yes			
Have you decided what it is you want to do regarding <i>(x)</i> and how you want to do it?		You may be in Trigger Event stage			
Yes	No				
You may be in Deciding and preparing	You may be in Thinking about change				