

## Readiness to Change Ruler

On the following scale, from 1 to 5, what number best reflects how ready you are at the present time to change your health-related lifestyle:

**SELECT ONE**

A horizontal ruler scale with five numbered points from 1 to 5. The scale is represented by a thick black horizontal line with vertical tick marks extending downwards. Below the line, the numbers 1, 2, 3, 4, and 5 are printed in a large, bold, black font, centered under their respective tick marks.

Not Ready  
to Change

Thinking of  
Changing

Undecided/  
Uncertain

Somewhat  
Ready

Very Ready  
to Change

As best you can, explain what is holding you back from achieving a 5 on this scale?