Appendix 2 Outline of Bi-weekly MI Session.

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| Step 1 | Establish Rapport |
| Step 2 | Gathering information on activity participation |
| Step 3 | Assess Motivation (Readiness Ruler and Confidence Ruler) |
| Step 4 | Elicit barriers, concerns, and change talk |
| Step 5 | Summary and affirm |
| Step 6 | Review plan and weekly goals |
| Step 7 | Schedule next session |