**EXERCISE REGULATIONS QUESTIONNAIRE (BREQ-3)**

**Age: \_\_\_\_\_\_\_ years Sex: male female (please circle)**

***Why do you engage in exercise?***

We are interested in the reasons underlying peoples’ decisions to engage or not engage in physical exercise. Using the scale below, please indicate to what extent each of the following items is true for you. Please note that there are no right or wrong answers and no trick questions. We simply want to know how you personally feel about exercise. Your responses will be held in confidence and only used for our research purposes.

**Not true Sometimes Very true  
 for me true for me for me**

1 It’s important to me to exercise regularly 0 1 2 3 4  
   
2 I don’t see why I should have to exercise 0 1 2 3 4  
  
3 I exercise because it’s fun 0 1 2 3 4  
  
4 I feel guilty when I don’t exercise 0 1 2 3 4  
  
5 I exercise because it is consistent with 0 1 2 3 4

my life goals  
  
6 I exercise because other people say I should 0 1 2 3 4  
   
7 I value the benefits of exercise 0 1 2 3 4  
   
8 I can’t see why I should bother exercising 0 1 2 3 4  
  
9 I enjoy my exercise sessions 0 1 2 3 4

10 I feel ashamed when I miss an exercise session 0 1 2 3 4  
  
11 I consider exercise part of my identity 0 1 2 3 4

12 I take part in exercise because my 0 1 2 3 4  
 friends/family/partner say I should

13 I think it is important to make the effort to 0 1 2 3 4  
 exercise regularly

14 I don’t see the point in exercising 0 1 2 3 4  
   
15 I find exercise a pleasurable activity 0 1 2 3 4  
  
16 I feel like a failure when I haven’t 0 1 2 3 4  
 exercised in a while  
   
17 I consider exercise a fundamental part of 0 1 2 3 4  
 who I am

18 I exercise because others will not be 0 1 2 3 4

pleased with me if I don’t  
  
19 I get restless if I don’t exercise regularly 0 1 2 3 4

20 I think exercising is a waste of time 0 1 2 3 4

**Not true Sometimes Very true  
 for me true for me for me**

21 I get pleasure and satisfaction from 0 1 2 3 4

participating in exercise

22 I would feel bad about myself if I was 0 1 2 3 4  
not making time to exercise

23 I consider exercise consistent with my values 0 1 2 3 4

24 I feel under pressure from my friends/family 0 1 2 3 4  
to exercise

**Thank you for taking part in our research**

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October 2014