

## 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.

		<b>Not true for me</b>		<b>Sometimes true for me</b>		<b>Very true for me</b>
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 my life goals	0	1	2	3	4
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 friends/family/partner say I should	0	1	2	3	4
13	I think it is important to make the effort to exercise regularly	0	1	2	3	4
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 exercised in a while	0	1	2	3	4
17	I consider exercise a fundamental part of who I am	0	1	2	3	4
18	I exercise because others will not be pleased with me if I don't	0	1	2	3	4
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

		<b>Not true for me</b>		<b>Sometimes true for me</b>		<b>Very true for me</b>
21	I get pleasure and satisfaction from participating in exercise	0	1	2	3	4
22	I would feel bad about myself if I was not making time to exercise	0	1	2	3	4
23	I consider exercise consistent with my values	0	1	2	3	4
24	I feel under pressure from my friends/family to exercise	0	1	2	3	4

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

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