

EXERCISE REGULATIONS QUESTIONNAIRE (BREQ-2)

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 for me		Sometimes true for me		Very true for me
1 I exercise because other people say I should	0	1	2	3	4
2 I feel guilty when I don't exercise	0	1	2	3	4
3 I value the benefits of exercise	0	1	2	3	4
4 I exercise because it's fun	0	1	2	3	4
5 I don't see why I should have to exercise	0	1	2	3	4
6 I take part in exercise because my friends/family/partner say I should	0	1	2	3	4
7 I feel ashamed when I miss an exercise session	0	1	2	3	4
8 It's important to me to exercise regularly	0	1	2	3	4
9 I can't see why I should bother exercising	0	1	2	3	4

	Not true for me		Sometimes true for me		Very true for me
10 I enjoy my exercise sessions	0	1	2	3	4
11 I exercise because others will not be pleased with me if I don't	0	1	2	3	4
12 I don't see the point in exercising	0	1	2	3	4
13 I feel like a failure when I haven't exercised in a while	0	1	2	3	4
14 I think it is important to make the effort to exercise regularly	0	1	2	3	4
15 I find exercise a pleasurable activity	0	1	2	3	4
16 I feel under pressure from my friends/family to exercise	0	1	2	3	4
17 I get restless if I don't exercise regularly	0	1	2	3	4
18 I get pleasure and satisfaction from participating in exercise	0	1	2	3	4
19 I think exercising is a waste of time	0	1	2	3	4

Thank you for taking part in our research

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