

(Motives Section)**What Are Your Reasons for Exercising?**

On the following pages are a number of statements concerning the reasons people often give when asked why they exercise. *Whether you currently exercise regularly or not*, please read each statement carefully and indicate, by circling the appropriate number, whether or not each statement *is true* for you personally, *or would be true* for you personally if you did exercise. If you do not consider a statement to be true for you at all, circle the '0'. If you think that a statement is very true for you indeed, circle the '5'. If you think that a statement is partly true for you, then circle the '1', '2', '3' or '4', according to how strongly you feel that it reflects why you exercise or might exercise.

Remember, we want to know why *you personally* choose to exercise or might choose to exercise, not whether you think the statements are good reasons for *anybody* to exercise.

		Not at all true for me				Very true for me
	<i>Personally, I exercise (or might exercise) ...</i>	0	1	2	3	4
1.	To stay slim	0	1	2	3	4
2.	To avoid ill-health	0	1	2	3	4
3.	Because it makes me feel good.....	0	1	2	3	4
4.	To help me look younger.....	0	1	2	3	4
5.	To show my worth to others.....	0	1	2	3	4
6.	To give me space to think.....	0	1	2	3	4
7.	To have a healthy body	0	1	2	3	4
8.	To build up my strength.....	0	1	2	3	4
9.	Because I enjoy the feeling of exerting myself.....	0	1	2	3	4
10.	To spend time with friends.....	0	1	2	3	4
11.	Because my doctor advised me to exercise	0	1	2	3	4
12.	Because I like trying to win in physical activities.....	0	1	2	3	4
13.	To stay/become more agile	0	1	2	3	4
14.	To give me goals to work towards.....	0	1	2	3	4
15.	To lose weight.....	0	1	2	3	4
16.	To prevent health problems	0	1	2	3	4
17.	Because I find exercise invigorating	0	1	2	3	4
18.	To have a good body	0	1	2	3	4
19.	To compare my abilities with other peoples'	0	1	2	3	4
20.	Because it helps to reduce tension.....	0	1	2	3	4
21.	Because I want to maintain good health.....	0	1	2	3	4
22.	To increase my endurance	0	1	2	3	4
23.	Because I find exercising satisfying in and of itself.....	0	1	2	3	4

		Not at all true for me			Very true for me
	<i>Personally, I exercise (or might exercise) ...</i>				
24.	To enjoy the social aspects of exercising.....	0	1	2	3 4
25.	To help prevent an illness that runs in my family	0	1	2	3 4
26.	Because I enjoy competing.....	0	1	2	3 4
27.	To maintain flexibility.....	0	1	2	3 4
28.	To give me personal challenges to face	0	1	2	3 4
29.	To help control my weight	0	1	2	3 4
30.	To avoid heart disease	0	1	2	3 4
31.	To recharge my batteries.....	0	1	2	3 4
32.	To improve my appearance	0	1	2	3 4
33.	To gain recognition for my accomplishments	0	1	2	3 4
34.	To help manage stress	0	1	2	3 4
35.	To feel more healthy.....	0	1	2	3 4
36.	To get stronger	0	1	2	3 4
37.	For enjoyment of the experience of exercising.....	0	1	2	3 4
38.	To have fun being active with other people.....	0	1	2	3 4
39.	To help recover from an illness/injury	0	1	2	3 4
40.	Because I enjoy physical competition	0	1	2	3 4
41.	To stay/become flexible	0	1	2	3 4
42.	To develop personal skills.....	0	1	2	3 4
43.	Because exercise helps me to burn calories.....	0	1	2	3 4
44.	To look more attractive.....	0	1	2	3 4
45.	To accomplish things that others are incapable of	0	1	2	3 4
46.	To release tension	0	1	2	3 4
47.	To develop my muscles.....	0	1	2	3 4
48.	Because I feel at my best when exercising.....	0	1	2	3 4
49.	To make new friends	0	1	2	3 4
50.	Because I find physical activities fun, especially when competition is involved	0	1	2	3 4
51.	To measure myself against personal standards	0	1	2	3 4

A filler (questionnaire, interview, other activity, passage of time) should be included between the motives and gains sections.

(Gains Section)**What Have You Actually Gained From Exercise?**

This section of the questionnaire can only be completed by people who have some current or recent experience of exercise. So if you have not exercised within the last twelve months, please just put a cross here and skip this section

The questions are about what you have actually gained from exercise. This may be the same or different from what you originally wanted or hoped to gain. Please tell us your personal experience of exercise using the following scale:

0 = Not at all true for me

2 = Somewhat true for me

4 = Very true for me

		Not at all true for me			Very true for me	
	<i>My personal experience of exercise has been that ...</i>	0	1	2	3	4
1.	I have lost weight through exercising.....	0	1	2	3	4
2.	I have found the experience of exercising enjoyable	0	1	2	3	4
3.	I have been able to develop personal skills.....	0	1	2	3	4
4.	I have found exercising satisfying in and of itself.....	0	1	2	3	4
5.	I have stayed/become more agile through exercise	0	1	2	3	4
6.	It has allowed me to accomplish things that others are incapable of.....	0	1	2	3	4
7.	It has helped me to maintain flexibility	0	1	2	3	4
8.	I have found physical activities fun, especially when competition was involved.....	0	1	2	3	4
9.	I have made new friends through exercise	0	1	2	3	4
10.	It has helped me to have a better body	0	1	2	3	4
11.	It has helped me to get stronger.....	0	1	2	3	4
12.	It has enabled me to stay slim.....	0	1	2	3	4
13.	It has given me personal challenges to face.....	0	1	2	3	4
14.	I have felt at my best when exercising.....	0	1	2	3	4
15.	It has reduced my risk of heart disease	0	1	2	3	4
16.	It has helped me to reduce tension.....	0	1	2	3	4
17.	I have followed my doctor's advice by exercising.....	0	1	2	3	4
18.	I have been able to enjoy competing.....	0	1	2	3	4
19.	It has helped me to have a healthy body.....	0	1	2	3	4
20.	I have been able to develop my muscles.....	0	1	2	3	4
21.	I have been able to manage stress through exercising	0	1	2	3	4

		Not at all true for me				Very true for me
<i>My personal experience of exercise has been that ...</i>						
22.	I have increased my endurance.....	0	1	2	3	4
23.	I have been able to stay/become flexible	0	1	2	3	4
24.	I have been able to avoid ill-health	0	1	2	3	4
25.	It has allowed me to compare my abilities with other peoples'	0	1	2	3	4
26.	It has given me space to think	0	1	2	3	4
27.	It has allowed me to spend time with friends	0	1	2	3	4
28.	It has helped me to look more attractive	0	1	2	3	4
29.	It has given me goals to work towards.....	0	1	2	3	4
30.	I have built up my strength through exercising	0	1	2	3	4
31.	It has allowed me to measure myself against personal standards.....	0	1	2	3	4
32.	I have been able to enjoy physical competition	0	1	2	3	4
33.	It has helped me to maintain good health	0	1	2	3	4
34.	I have been able to prevent health problems	0	1	2	3	4
35.	I have liked trying to win in physical activities.....	0	1	2	3	4
36.	It has helped control my weight.....	0	1	2	3	4
37.	It has helped me to recharge my batteries	0	1	2	3	4
38.	It has helped me to recover from an illness/injury	0	1	2	3	4
39.	I have felt more healthy.....	0	1	2	3	4
40.	I have had fun being active with other people.....	0	1	2	3	4
41.	I have gained recognition for my accomplishments.....	0	1	2	3	4
42.	I have been able to improve my appearance	0	1	2	3	4
43.	I have been able to show my worth to others.....	0	1	2	3	4
44.	I have released tension by exercising.....	0	1	2	3	4
45.	I have felt good through exercising	0	1	2	3	4
46.	It has helped me to burn calories.....	0	1	2	3	4
47.	I have enjoyed the feeling of exerting myself.....	0	1	2	3	4
48.	It has helped me to look younger	0	1	2	3	4
49.	It has helped reduce the risk of an illness that runs in my family	0	1	2	3	4
50.	I have found exercise invigorating	0	1	2	3	4
51.	I have enjoyed the social aspects of exercising	0	1	2	3	4