

Concept	Motive items	Gain items
Affiliation	10. To spend time with friends	27. It has allowed me to spend time with friends
	24. To enjoy the social aspects of exercising	51. I have enjoyed the social aspects of exercising
	38. To have fun being active with other people	40. I have had fun being active with other people
	49. To make new friends	9. I have made new friends through exercise
Appearance	4. To help me look younger	48. It has helped me to look younger
	18. To have a good body	10. It has helped me to have a better body
	32. To improve my appearance	42. I have been able to improve my appearance
	44. To look more attractive	28. It has helped me to look more attractive
Challenge	14. To give me goals to work towards	29. It has given me goals to work towards
	28. To give me personal challenges to face	13. It has given me personal challenges to face
	42. To develop personal skills	3. I have been able to develop personal skills
	51. To measure myself against personal standards	31. It has allowed me to measure myself against personal standards
Competition	12. Because I like trying to win in physical activities	35. I have liked trying to win in physical activities
	26. Because I enjoy competing	18. I have been able to enjoy competing
	40. Because I enjoy physical competition	32. I have been able to enjoy physical competition
	50. Because I find physical activities fun, especially when competition is involved	8. I have found physical activities fun, especially when competition was involved
Enjoyment	9. Because I enjoy the feeling of exerting myself	47. I have enjoyed the feeling of exerting myself
	23. Because I find exercising satisfying in and of itself	4. I have found exercising satisfying in and of itself
	37. For enjoyment of the experience of exercising	2. I have found the experience of exercising enjoyable
	48. Because I feel at my best when exercising	14. I have felt at my best when exercising

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Health Pressures	11. Because my doctor advised me to exercise	17. I have followed my doctor's advice by exercising
	25. To help prevent an illness that runs in my family	49. It has helped reduce the risk of an illness that runs in my family
	39. To help recover from an illness/injury	38. It has helped me to recover from an illness/injury
Ill Health Avoidance	2. To avoid ill-health	24. I have been able to avoid ill-health
	16. To prevent health problems	34. I have been able to prevent health problems
	30. To avoid heart disease	15. It has reduced my risk of heart disease
Nimbleness	13. To stay/become more agile	5. I have stayed/become more agile through exercise.
	27. To maintain flexibility	7. It has helped me to maintain flexibility
	41. To stay/become flexible	23. I have been able to stay/become flexible
Positive Health	7. To have a healthy body	19. It has helped me to have a healthy body
	21. Because I want to maintain good health	33. It has helped me to maintain good health
	35. To feel more healthy	39. I have felt more healthy
Revitalisation	3. Because it makes me feel good	45. I have felt good through exercising
	17. Because I find exercise invigorating	50. I have found exercise invigorating
	31. To recharge my batteries	37. It has helped me to recharge my batteries
Stress Management	6. To give me space to think	26. It has given me space to think
	20. Because it helps to reduce tension	16. It has helped me to reduce tension
	34. To help manage stress	21. I have been able to manage stress through exercising
	46. To release tension	44. I have released tension by exercising
Social Recognition	5. To show my worth to others	43. I have been able to show my worth to others
	19. To compare my abilities with other peoples'	25. It has allowed me to compare my abilities with other peoples'

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Strength and Endurance	33. To gain recognition for my accomplishments	41. I have gained recognition for my accomplishments
	45. To accomplish things that others are incapable of	6. It has allowed me to accomplish things that others are incapable of
	8. To build up my strength	30. I have built up my strength through exercising
	22. To increase my endurance	22. I have increased my endurance
	36. To get stronger	11. It has helped me to get stronger
Weight Management	47. To develop my muscles	20. I have been able to develop my muscles
	1. To stay slim	12. It has enabled me to stay slim
	15. To lose weight	1. I have lost weight through exercising
	29. To help control my weight	36. It has helped control my weight
	43. Because exercise helps me to burn calories	46. It has helped me to burn calories