

The Exercise Motivations Inventory - 2 (EMI-2)

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.

It helps us to have basic personal information about those who complete this questionnaire. We would be grateful for the following information:

Your age years

Your gender male/female

**Not at
all true
for me**

**Very
true
for me**

Personally, I exercise (or might exercise) ...

1	To stay slim	0	1	2	3	4	5
2	To avoid ill-health	0	1	2	3	4	5
3	Because it makes me feel good	0	1	2	3	4	5
4	To help me look younger	0	1	2	3	4	5
5	To show my worth to others	0	1	2	3	4	5
6	To give me space to think	0	1	2	3	4	5

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

	Not at all true for me					Very true for me
Personally, I exercise (or might exercise) ...						
24	To enjoy the social aspects of exercising	0	1	2	3	4 5
25	To help prevent an illness that runs in my family	0	1	2	3	4 5
26	Because I enjoy competing	0	1	2	3	4 5
27	To maintain flexibility	0	1	2	3	4 5
28	To give me personal challenges to face	0	1	2	3	4 5
29	To help control my weight	0	1	2	3	4 5
30	To avoid heart disease	0	1	2	3	4 5
31	To recharge my batteries	0	1	2	3	4 5
32	To improve my appearance	0	1	2	3	4 5
33	To gain recognition for my accomplishments	0	1	2	3	4 5
34	To help manage stress	0	1	2	3	4 5
35	To feel more healthy	0	1	2	3	4 5
36	To get stronger	0	1	2	3	4 5
37	For enjoyment of the experience of exercising	0	1	2	3	4 5
38	To have fun being active with other people	0	1	2	3	4 5

Please Turn Over

	Not at all true for me					Very true for me
Personally, I exercise (or might exercise) ...						
39	To help recover from an illness/injury	0	1	2	3	4 5
40	Because I enjoy physical competition	0	1	2	3	4 5
41	To stay/become flexible	0	1	2	3	4 5
42	To develop personal skills	0	1	2	3	4 5
43	Because exercise helps me to burn calories	0	1	2	3	4 5
44	To look more attractive	0	1	2	3	4 5
45	To accomplish things that others are incapable of	0	1	2	3	4 5
46	To release tension	0	1	2	3	4 5
47	To develop my muscles	0	1	2	3	4 5
48	Because I feel at my best when exercising	0	1	2	3	4 5
49	To make new friends	0	1	2	3	4 5
50	Because I find physical activities fun, especially when competition is involved	0	1	2	3	4 5
51	To measure myself against personal standards	0	1	2	3	4 5

Thank you for completing this questionnaire

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