

EXERCISE FEELINGS QUESTIONNAIRE (GOEM)

Age: _____ years

Sex: male female (please circle)

We are interested in the things that make people feel they have done well when they engage in physical activities or exercise. Using the scales below, please indicate the extent to which you disagree or agree with each of the statements. 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.

In my physical activity, I would feel / do feel that things go well when...

	Strongly disagree				Strongly agree
1 I exercise to the best of my ability	1	2	3	4	5
2 Other exercisers don't do as well as me	1	2	3	4	5
3 I make progress	1	2	3	4	5
4 I achieve the exercise goal I set for myself	1	2	3	4	5
5 I can show other exercisers that I'm better than everyone else	1	2	3	4	5
6 I feel like I've improved	1	2	3	4	5
7 I prove to myself that I am the only one who can do a certain exercise task	1	2	3	4	5
8 I know that I am more capable than other exercisers	1	2	3	4	5
9 I exercise at a level that reflects personal improvement	1	2	3	4	5
10 I can prove to others that I'm the best	1	2	3	4	5

Thank you very much for completing this questionnaire