

Locus of Causality for Exercise Scale Items and Scoring

	Strongly Disagree				Strongly Agree		
1 I exercise because I like to rather than because I feel I have to	1	2	3	4	5	6	7
2 Exercising is not something I would necessarily choose to do, rather it is something that I feel I ought to do	1	2	3	4	5	6	7
3 Having to exercise is a bit of a bind but it has to be done	1	2	3	4	5	6	7

Reverse scores on items two and three, then calculate the mean score for the three items. High scores indicate a more internal perceived locus of causality (greater self determination).