INSTRUCTIONS: The following items reflect your beliefs or expectations about the benefits of regular exercise or physical activity. Please respond to the following statements marking your answer honestly and by circling the appropriate number/statement. Remember to read each question carefully.

EXAMPLE:

Q) Exercise will…:

1) Exercise will improve my ability to perform daily activities:

2) Exercise will improve my social standing:

3) Exercise will improve my overall body functioning:

4) Exercise will help manage stress:
5) Exercise will strengthen my bones:
   - 1: STRONGLY DISAGREE
   - 2: DISAGREE
   - 3: NEUTRAL
   - 4: AGREE
   - 5: STRONGLY AGREE

6) Exercise will improve my mood:
   - 1: STRONGLY DISAGREE
   - 2: DISAGREE
   - 3: NEUTRAL
   - 4: AGREE
   - 5: STRONGLY AGREE

7) Exercise will increase my muscle strength:
   - 1: STRONGLY DISAGREE
   - 2: DISAGREE
   - 3: NEUTRAL
   - 4: AGREE
   - 5: STRONGLY AGREE

8) Exercise will make me more at ease with people:
   - 1: STRONGLY DISAGREE
   - 2: DISAGREE
   - 3: NEUTRAL
   - 4: AGREE
   - 5: STRONGLY AGREE

9) Exercise will aid in weight control:
   - 1: STRONGLY DISAGREE
   - 2: DISAGREE
   - 3: NEUTRAL
   - 4: AGREE
   - 5: STRONGLY AGREE

10) Exercise will improve my psychological state:
    - 1: STRONGLY DISAGREE
    - 2: DISAGREE
    - 3: NEUTRAL
    - 4: AGREE
    - 5: STRONGLY AGREE
11) **Exercise will provide companionship:**

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12) **Exercise will improve the functioning of my cardiovascular system:**

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13) **Exercise will increase my mental alertness:**

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14) **Exercise will increase my acceptance by others:**

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15) **Exercise will give me a sense of personal accomplishment:**

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