

The following items reflect situations that are listed as common reasons for preventing individuals from participating in exercise sessions or, in some cases, dropping out. Using the scales below please indicate how confident you are that you could exercise in the event that any of the following circumstances were to occur.

Please indicate the degree to which you are confident that you could exercise in the event that any of the following circumstances were to occur by circling the appropriate %. Select the response that most closely matches your own, remembering that there are no right or wrong answers.

FOR EXAMPLE:

In question #1 if you have complete confidence that you could exercise even if “the weather was very bad,” you would circle 100%. If however, you had no confidence at all that you could exercise (that is, confidence you would not exercise), you would circle 0%.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident					Moderately Confident					Highly Confident

I believe that I could exercise 3 times per week for the next 3 months if:

1. The weather was very bad (hot, humid, rainy, cold).

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident					Moderately Confident					Highly Confident

2. I was bored by the program or activity.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident					Moderately Confident					Highly Confident

3. I was on vacation.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident					Moderately Confident					Highly Confident

4. I was not interested in the activity.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident					Moderately Confident					Highly Confident

5. I felt pain or discomfort when exercising.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident					Moderately Confident					Highly Confident

I believe that I could exercise 3 times per week for the next 3 months if:

6.	I had to exercise alone.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
7.	It was not fun or enjoyable.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
8.	It became difficult to get to the exercise location.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
9.	I didn't like the particular activity program that I was involved in.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
10.	My schedule conflicted with my exercise session.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
11.	I felt self-conscious about my appearance when I exercised.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
12.	An instructor does not offer me any encouragement.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident
13.	I was under personal stress of some kind.	0	10	20	30	40	50	60	70	80	90	100
	Not at all Confident						Moderately Confident					Highly Confident