Please indicate below how confident you are that you can successfully carry out each of the activities listed below.

## I BELIEVE THAT I CAN WALK/JOG:

1.	ONE QUA 0% Not at all confident	ARTER 10%	MILE (1 20%	LAP OI 30%	F A TRA 40%	CK) IN 4 MINU 50% Moderately Confident	JTES 60%	70%	80%	90%	100% Highly Confident
2.	ONE HAL 0% Not at all confident	_F MILE 10%	E (2 LAP) 20%	S) IN 8 I 30%	MINUTE 40%	S 50% Moderately Confident	60%	70%	80%	90%	100% Highly Confident
3.	THREE 0 0% Not at all confident	QUARTI 10%	ERS OF 20%	A MILE 30%	(3 LAPS 40%	5) IN 12 MINU 50% Moderately Confident	TES 60%	70%	80%	90%	100% Highly Confident
4.	ONE MIL 0% Not at all confident	E (4 LA 10%	PS) IN 1 20%	6 MINU 30%	TES 40%	50% Moderately Confident	60%	70%	80%	90%	100% Highly Confident
5.	ONE ANI 0% Not at all confident	O ONE ( 10%	QUARTE 20%	ER MILE 30%	ES (5 LA) 40%	PS) IN 20 MIN 50% Moderately Confident	IUTES 60%	70%	80%	90%	100% Highly Confident
6.	ONE AND 0% Not at all confident	O ONE 1 10%	HALF M 20%	ILES (6 30%	LAPS) II 40%	N 24 MINUTE: 50% Moderately Confident	S 60%	70%	80%	90%	100% Highly Confident
7.	ONE AND 0% Not at all confident	O THRE 10%	E QUAF 20%	RTER M 30%	ILES (7   40%	LAPS) IN 28 N 50% Moderately Confident			80%	90%	100% Highly Confident
8.	TWO MIL 0% Not at all confident	.ES (8 L 10%	APS) IN 20%	1 32 MIN 30%	IUTES 40%	50% Moderately Confident	60%	70%	80%	90%	100% Highly Confident