Please indicate how confident you are that you can successfully walk at a moderately fast pace without stopping. **A moderately fast pace is sufficient to increase your heart rate and to work up a sweat.**

Remember to answer honestly and accurately. There is no right or wrong answer.

FOR EXAMPLE:

If you have complete confidence that you could walk for 5 minutes at a moderately fast pace without stopping, you would circle 100%. However, if you had no confidence at all that you could walk for 5 minutes at a moderately fast pace without stopping, 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 CAN WALK:

1. For **5 minutes at a moderately fast pace** without stopping

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

2. For **10 minutes at a moderately fast pace** without stopping

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

3. For **15 minutes at a moderately fast pace** without stopping

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

4. For **20 minutes at a moderately fast pace** without stopping

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

5. For **25 minutes at a moderately fast pace** without stopping

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

I BELIEVE THAT I CAN WALK:

6.   For **30 minutes at a moderately fast pace** without stopping

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

7.   For **35 minutes at a moderately fast pace** without stopping

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

8.   For **40 minutes at a moderately fast pace** without stopping

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

9.   For **45 minutes at a moderately fast pace** without stopping

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

10.   For **50 minutes at a moderately fast pace** without stopping

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