

This section looks at positive and negative aspects of exercise. Read the following items and indicate how important each statement is with respect to your decision to exercise or not to exercise in your leisure time. Please answer using the following 5-point scale:

- 5 = Not Important**
- 4 = A little bit important**
- 3 = Somewhat important**
- 2 = Quite important**
- 1 = Extremely Important**

If you disagree with a statement and are unsure how to answer, the statement is probably not important to you.

How important are the following opinions in your decision to exercise or not to exercise?

- 1. I would have more energy for my family and friends if I exercised regularly.
- 2. I would feel embarrassed if people saw me exercising.
- 3. I would feel less stressed if I exercised regularly.
- 4. Exercise prevents me from spending time with my friends.
- 5. Exercising puts me in a better mood for the rest of the day.
- 6. I feel uncomfortable or embarrassed in exercise clothes.
- 7. I would feel more comfortable with my body if exercised regularly.
- 8. There is too much I would have to learn to exercise.
- 9. Regular exercise would help me have a more positive outlook on life.
- 10. Exercise puts an extra burden on my significant other.

SCORING: 1,3,5,7,9 pros; 2,4,6,8,10 cons