

EXERCISE MEASURES

C EXERCISE SELF-EFFICACY

Now I would like to ask you some questions about exercise.

Please tell me how sure you are that you will do each of the following. Please use side “1” of the yellow card when answering these questions. In order to be certain that we are both using the same scale, could I ask you to please read me the responses you have before you?

C1a *How sure are you that you will do each of the following:*

	Very Sure	Pretty Sure	A Little Sure	Not at All Sure	REF	DK
C1 Exercise Regularly (3 times a week for 20 minutes)	1	2	3	4	7	9
C2 Exercise when you are feeling tired	1	2	3	4	7	9
C3 Exercise when you are feeling under pressure to get things done	1	2	3	4	7	9
C4 Exercise when you are feeling down or depressed	1	2	3	4	7	9
C5 Exercise when you have too much work to do at home	1	2	3	4	7	9
C6 Exercise when there are other more interesting things to do	1	2	3	4	7	9

C7a *How sure are you that you will do each of the following:*

	Very Sure	Pretty Sure	A Little Sure	Not at All Sure	REF	DK
C7 Exercise when your family or friends do not provide any kind of support	1	2	3	4	7	9
C8 Exercise when you don't really feel like it	1	2	3	4	7	9
C9 Exercise when you are away from home (e.g., traveling, visiting, on vacation)	1	2	3	4	7	9

D ACTIVITY LEVEL

Please tell me how sure you are that you will do each type of the following activities in the next week (even if you aren't currently doing them).

D1a *How sure are you that you will (STATEMENT):*

	Very Sure	Pretty Sure	A Little Sure	Not at All Sure	REF	DK
D1 Do any light house- work such as dusting or washing dishes during the next week?	1	2	3	4	7	9
D2 Do any heavy housework or chores such as vacuuming, scrubbing floors or washing windows during the next week?	1	2	3	4	7	9
D3 Do any home repairs like painting, wallpapering, or electrical work during the next week?	1	2	3	4	7	9
D4 Do any lawn work, gardening, or yard care including snow or leaf removal during the next week?	1	2	3	4	7	9

D5a *How sure are you that you will (STATEMENT):*

	Very Sure	Pretty Sure	A Little Sure	Not at All Sure	REF	DK
D5 Take a walk outside your home or yard such as for fun or exercise, walking the dog etc. during the next week?	1	2	3	4	7	9
D6 Do any light sport or recreational activities such as bowling, darts, fishing, or other similar activities during the next week?	1	2	3	4	7	9
D7 Do any more strenuous sport or recreational activities such as dancing, bicycling or exercise bike, swimming, skating, or stair climbing during the next week?	1	2	3	4	7	9

E ATTITUDES ABOUT EXERCISE AND HEALTH

For these next questions, please tell me how strongly you agree or disagree with each statement. Please refer to side “2” when answering these questions. In order to be certain that we are both using the same scale, could I ask you to please read to me the responses that you have before you.

	Strongly Agree	Slightly Agree	Unsure	Slightly Disagree	Strongly Disagree	REF	DK
E1 Doing an exercise routine is satisfying and rewarding to me.	1	2	3	4	5	7	9
E2 Doing an exercise routine regularly is good for me.	1	2	3	4	5	7	9
E3 There is very little I can do to make up for the physical losses that come with age.	1	2	3	4	5	7	9
E4 Exercising regularly can be helpful to my health.	1	2	3	4	5	7	9

F GENERAL BELIEFS ABOUT CONTROL OVER EXERCISE BEHAVIOR

F1a Please tell me how strongly you agree or disagree with each statement.

	Strongly Agree	Slightly Agree	Unsure	Slightly Disagree	Strongly Disagree	REF	DK
F1 I can learn a new exercise routine.	1	2	3	4	5	7	9
F2 I am confident in my ability to do an exercise routine.	1	2	3	4	5	7	9
F3 I am not very good at doing exercises.	1	2	3	4	5	7	9
F4 If I exercise three times a week I will get better at it.	1	2	3	4	5	7	9
F5 I have control over whether I exercise regularly.	1	2	3	4	5	7	9
F6 When I imagine myself three months from now I expect to be exercising on a regular basis.	1	2	3	4	5	7	9