

Below are sentences about exercise. Exercise is being active enough to breathe fast, get sweaty, or have your heart beat fast.

Please place a check (✓) in the box to show how true each sentence is about you.

G1. I could exercise even if I was tired.	Not at all true	Not very true	In-between	Sort of true	Very true
G2. I could exercise even if I had other things I wanted to do.	Not at all true	Not very true	In-between	Sort of true	Very True
G3. I could exercise even if I had to exercise alone.	Not at all true	Not very true	In-between	Sort of true	Very True
G4. I could exercise even if I had a bad day at school.	Not at all true	Not very true	In-between	Sort of true	Very True
G5. I could exercise even if I was feeling lazy.	Not at all true	Not very true	In-between	Sort of true	Very true
G6. I could exercise even if I was not very good at it.	Not at all true	Not very true	In-between	Sort of true	Very true
G7. I could exercise even if I was sore from exercising the day before.	Not at all true	Not very true	In-between	Sort of true	Very true
G8. I could exercise even if I was not in the mood.	Not at all true	Not very true	In-between	Sort of true	Very true