

Exercise Norms

ID Number _____

How much do you think the following people expect you to exercise (be active to the point that you sweat, breathe fast, or your heart beats fast)? Place a check (✓) in the box for your answer.

J1. Family members	Not at all	Sort of	A lot
J2. My closest friend	Not at all	Sort of	A lot
J3. 5 or 6 friends I spend most of my time with	Not at all	Sort of	A lot
J4. The teacher I am closest to	Not at all	Sort of	A lot
J5. My doctor	Not at all	Sort of	A lot