

Scoring Instructions for the Exercise Role Models Scale

In scoring:

K1 to K4: 0 = Never 1 = Sometimes 2 = Often 0 = Don't Know

K5 to K8: 0 = Never 1 = Sometimes 2 = Often 0 = Don't Know

K9 to K12: 0 = Never 1 = Sometimes 2 = Often 0 = Don't Know

The **total** Exercise Role Models Scale Score is the sum of K1 to K12.