

Scoring Instructions for the Exercise Social Support Scale

In scoring:

L1 to L18, L22 to L25

1 = Never 2 = Sometimes 3 = Often 0 = Don't Know

L19 to L21, L26 **are reversed scored**

1 = Often 2 = Sometimes 3 = Never 0 = Don't Know

The **total** Exercise Social Support Scale Score is the sum of L1 to L18, L22 to L25, and **reverse scored** L19, L20, L21, and L26.