

Planning for Exercise

Directions: Please think carefully about each statement below and indicate how often you do each of the following activities related to exercise (never, sometimes, or often).

1. I plan specific times for exercise or active sports in my weekly schedule.

Never Sometimes Often

2. I lay out my exercise shoes and clothes to remind me to exercise.

Never Sometimes Often

3. I exercise in a specific location or facility.

Never Sometimes Often

4. I keep written records of my exercise activity.

Never Sometimes Often

5. I reward myself for exercising.

Never Sometimes Often

6. I post notes where I can see them to remind me to exercise.

Never Sometimes Often

7. I vary my exercise routine to avoid boredom.

Never Sometimes Often

8. I work toward exercise goals that are progressively more challenging.

Never Sometimes Often

9. I consider exercise so important in my life that I allocate time for it.

Never Sometimes Often

10. I let people know about my commitment to exercise.

Never Sometimes Often

11. I encourage my friends to exercise.

Never Sometimes Often