

Scoring Instructions for the Adolescent Preference Profile

Score 1 point for each of the following choices:

1A, 2B, 3A, 4B, 5A, 6B, 7A, 8A, 9A

The higher the score, the more likely immediate competing sedentary activity preference will interfere with moderate or vigorous activity.

A negative correlation will be anticipated between competing preferences and exercise behavior.

Five to seven day test-retest reliability on 8-11 year-old boys and girls – $r = 0.89$