

Below are sentences about exercise. Exercise is being active enough to breathe fast, get sweaty, or have your heart beat fast.

Please place a check (✓) in the box to show how true each sentence is about **you**.

11. A reason I might exercise is because when I exercise I look better.	Not at all true	Not very true	In-between	Sort of true	Very true
12. A reason I might exercise is because when I exercise I have more energy.	Not at all true	Not very true	In-between	Sort of true	Very True
13. A reason I might exercise is because when I exercise I feel happier.	Not at all true	Not very true	In-between	Sort of true	Very True
14. A reason I might exercise is because when I exercise I have fun.	Not at all true	Not very true	In-between	Sort of true	Very True
15. A reason I might exercise is because when I exercise I make more friends.	Not at all true	Not very true	In-between	Sort of true	Very True
16. A reason I might exercise is because when I exercise I get stronger.	Not at all true	Not very true	In-between	Sort of true	Very True
17. A reason I might exercise is because when I exercise I like myself more.	Not at all true	Not very true	In-between	Sort of true	Very True
18. A reason I might exercise is because when I exercise I get in better shape.	Not at all true	Not very true	In-between	Sort of true	Very True
19. A reason I might exercise is because when I exercise I feel healthier.	Not at all true	Not very true	In-between	Sort of true	Very True