

ID Number _____

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**.

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|---|-----------------|---------------|------------|--------------|-----------|
| H1. I might not exercise if I didn't have enough time. | Not at all true | Not very true | In-between | Sort of true | Very true |
| H2. I might not exercise if I had too many chores to do. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H3. I might not exercise if I didn't have a good place to exercise. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H4. I might not exercise if the weather was too bad to exercise | Not at all true | Not very true | In-between | Sort of true | Very True |
| H5. I might not exercise if I didn't have the right clothes/shoes to exercise. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H6. I might not exercise if I didn't know how to do a certain type of exercise. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H7. I might not exercise if I didn't have the right equipment to exercise. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H8. I might not exercise if I had too much homework. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H9. I might not exercise if I didn't have anyone to exercise with me. | Not at all true | Not very true | In-between | Sort of true | Very True |
| H10. I might not exercise if I didn't like to exercise. | Not at all true | Not very true | In-between | Sort of true | Very True |