Health Promotion Model - Instruments to Measure HPM Behavioral Determinants: Planning for Exercise [Commitment] (Adolescent Version)

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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