1995

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

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http://hdl.handle.net/2027.42/85347
Planning for Exercise

Scoring instructions for Planning for Exercise as a measure of "Commitment to a Plan of Action," a construct in the Health Promotion Model.

Never = 1 point
Sometimes = 2 points
Often = 3 points

Add up scores across all items and divide by the number of items (11) for a mean score on the total instrument.