

The items listed below are designed to assess your beliefs in your ability to continue exercising on a three time per week basis at moderate intensities (upper end of your perceived exertion range), for **40+** minutes per session in the future. Using the scales listed below please indicate how confident you are that you will be able to continue to exercise in the future.

For example, if you have complete confidence that you could exercise three times per week at moderate intensity for **40+** minutes for the next four weeks without quitting, you would **circle 100%**. However, if you had no confidence at all that you could exercise at your exercise prescription for the next four weeks without quitting, (that is, confident you would not exercise), you would **circle 0%**.

Please remember to answer honestly and accurately. There are no right or wrong answers. **Mark your answer by circling a %:**

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
NOT AT ALL CONFIDENT						MODERATELY CONFIDENT				HIGHLY CONFIDENT

1. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT WEEK

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

2. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT TWO WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

3. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT THREE WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

4. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT FOUR WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Please remember to answer honestly and accurately. There are no right or wrong answers.
Mark your answer by circling a %:

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%	
NOT AT ALL CONFIDENT				MODERATELY CONFIDENT				HIGHLY CONFIDENT			

5. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT FIVE WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

6. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT SIX WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Mark your answer by circling a %:

7. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT SEVEN WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

8. I am able to continue to exercise three times per week at moderate intensity, for 40+ minutes without quitting for the NEXT EIGHT WEEKS

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

“Self-efficacy Scale for 40 minutes” : Sum all items and divide by 8

McAuley, E. (1993). Self-efficacy and the maintenance of exercise participation in older adults. *Journal of Behavioral Medicine, 16*, 103-113.