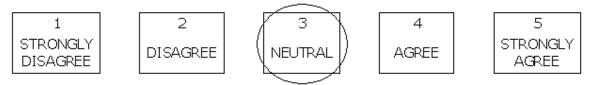
INSTRUCTIONS: The following items reflect your beliefs or expectations about the benefits of regular exercise or physical activity. Please respond to the following statements marking your answer honestly and by circling the appropriate number/statement. Remember to read each question carefully.

EXAMPLE:

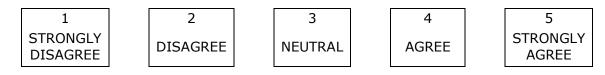
Q) Exercise will...:



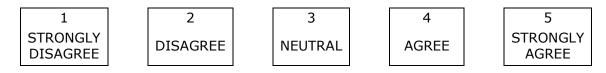
1) Exercise will improve my ability to perform daily activities:

1	2	3	4	5
STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE

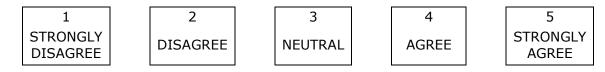
2) Exercise will improve my social standing:



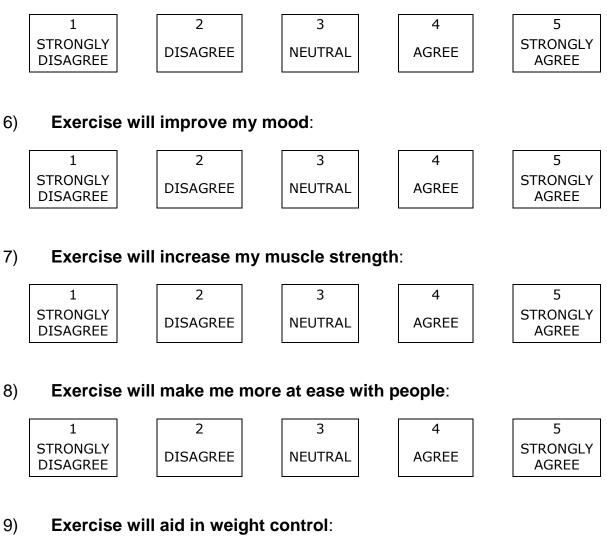
3) **Exercise will improve my overall body functioning**:

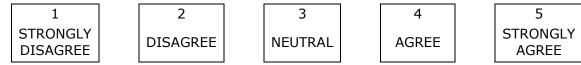


4) **Exercise will help manage stress**:

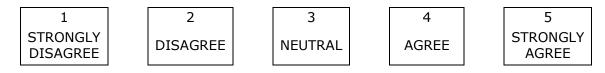


5) **Exercise will strengthen my bones**:

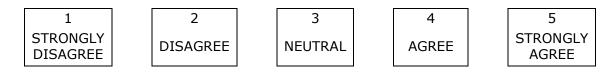




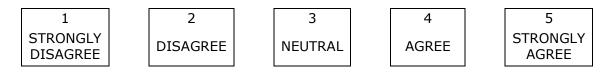
10) **Exercise will improve my psychological state**:



11) Exercise will provide companionship:



12) Exercise will improve the functioning of my cardiovascular system:



13) **Exercise will increase my mental alertness**:

1	2	3	4	5
STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE

14) Exercise will increase my acceptance by others:

1	2	3	4	5
STRONGLY DISAGREE	DISAGREE	NEUTRAL	AGREE	STRONGLY AGREE

15) **Exercise will give me a sense of personal accomplishment**:

