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**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 STRONGLY DISAGREE	2 DISAGREE	3 NEUTRAL	4 AGREE	5 STRONGLY AGREE
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1) **Exercise will improve my ability to perform daily activities:**

1 STRONGLY DISAGREE	2 DISAGREE	3 NEUTRAL	4 AGREE	5 STRONGLY AGREE
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2) **Exercise will improve my social standing:**

1 STRONGLY DISAGREE	2 DISAGREE	3 NEUTRAL	4 AGREE	5 STRONGLY AGREE
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3) **Exercise will improve my overall body functioning:**

1 STRONGLY DISAGREE	2 DISAGREE	3 NEUTRAL	4 AGREE	5 STRONGLY AGREE
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4) **Exercise will help manage stress:**

1 STRONGLY DISAGREE	2 DISAGREE	3 NEUTRAL	4 AGREE	5 STRONGLY AGREE
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5) **Exercise will strengthen my bones:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

6) **Exercise will improve my mood:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

7) **Exercise will increase my muscle strength:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

8) **Exercise will make me more at ease with people:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

9) **Exercise will aid in weight control:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

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

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

11) **Exercise will provide companionship:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

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

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

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

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

14) **Exercise will increase my acceptance by others:**

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE

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

1  
STRONGLY  
DISAGREE

2  
DISAGREE

3  
NEUTRAL

4  
AGREE

5  
STRONGLY  
AGREE