

Please indicate below how confident you are that you can successfully carry out each of the activities listed below.

I BELIEVE THAT I CAN WALK/JOG:

1. ONE QUARTER MILE (1 LAP OF A TRACK) IN 4 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

2. ONE HALF MILE (2 LAPS) IN 8 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

3. THREE QUARTERS OF A MILE (3 LAPS) IN 12 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

4. ONE MILE (4 LAPS) IN 16 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

5. ONE AND ONE QUARTER MILES (5 LAPS) IN 20 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

6. ONE AND ONE HALF MILES (6 LAPS) IN 24 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

7. ONE AND THREE QUARTER MILES (7 LAPS) IN 28 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident

8. TWO MILES (8 LAPS) IN 32 MINUTES

0%	10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at all confident					Moderately Confident					Highly Confident