Please indicate how confident you are that you can successfully walk at a moderately fast pace without stopping. A moderately fast pace is sufficient to increase your heart rate and to work up a sweat.

Remember to answer honestly and accurately. There is no right or wrong answer.

## FOR EXAMPLE:

If you have <u>complete confidence</u> that you could walk for 5 minutes at a moderately fast pace without stopping, you would circle 100%. However, if you had <u>no confidence at all</u> that you could walk for 5 minutes at a moderately fast pace without stopping, you would circle 0%.

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

## I BELIEVE THAT I CAN WALK:

1.	For <b>5 mi</b> 0% Not at all confident	nutes a 10%	t a mod 20%	erately 1 30%	fast pac 40%	50% Moderately Confident	oping 60%	70%	80%	90%	100% Highly Confident
2.	For 10 m 0% Not at all confident	ninutes 10%	<b>at a mo</b> 20%	derately 30%	fast pa 40%	50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
3.	For <b>15 n</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> 20%	derately 30%	fast pa 40%	50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
4.	For <b>20 m</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> 20%	derately 30%	fast pa 40%	50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
5.	For <b>25 m</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> 20%	derately 30%	fast pa 40%	50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident

## I BELIEVE THAT I CAN WALK:

6.	For <b>30 m</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> 20%	derately 30%	fast pac 40%	ce without sto 50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
7.	For <b>35 m</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> o 20%	derately 30%	fast pac 40%	ce without sto 50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
8.	For <b>40 m</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> o 20%	derately 30%	fast pac 40%	50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
9.	For <b>45 m</b> 0% Not at all confident	ninutes 10%	<b>at a mo</b> o	derately 30%	fast pac 40%	ce without sto 50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident
10.	For <b>50 m</b> 0% Not at all confident	inutes 10%	<b>at a mo</b> 6 20%	derately 30%	fast pac 40%	ce without sto 50% Moderately Confident	opping 60%	70%	80%	90%	100% Highly Confident