

Acrostic:

INFLUENCES ON ACTIVITY QUESTIONNAIRE

Many people report that it is more difficult to be physically active under some conditions than others. Please rate how confident you are that you could be physically active under EACH of the following conditions over the NEXT SIX MONTHS. (Please rate EACH one below.)

I could be physically active . .	I cannot do at all		Moderately Certain I can do						Certain that I can do		
	0	1	2	3	4	5	6	7	8	9	10
1. when I am tired	ACTIVE1										
2. during or following a personal crisis	ACTIVE2										
3. when I am feeling depressed	ACTIVE3										
4. when I am feeling anxious	ACTIVE4										
5. during bad weather	ACTIVE5										
6. when I am slightly sore from the last time I was physically active	ACTIVE6										
7. when I am on vacation	ACTIVE7										
8. when there are competing interests (like my favorite TV show)	ACTIVE8										
9. when I have a lot of work to do	ACTIVE9										
10. when I haven't reached my physical activity goals	ACTIVE10										
11. when I don't receive support from family or friends	ACTIVE11										
12. following complete recovery from an illness	ACTIVE12										
13. when I have no one to be physically active with	ACTIVE13										
14. when my schedule is hectic	ACTIVE14										

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Please rate how confident you are at the PRESENT TIME that you could perform EACH of the following. (Please rate EACH one below.)

I could walk at a fast pace without stopping for...	I cannot do at all			Moderately certain I can do				Certain that I can do			
	0	1	2	3	4	5	6	7	8	9	10
15. 10 minutes WALK_10											
16. 20 minutes WALK_20											
17. 30 minutes WALK_30											
18. 40 minutes WALK_40											
19. 50 minutes WALK_50											

Experiences Affecting Physical Activity

The following experiences can affect the physical activity habits of some people. Think of any similar experiences you may be currently having or have had during the past month, then rate how frequently the event occurs. Please check the box below the word that best describes your answer for each experience.

How frequently does this occur?	Never	Seldom	Occasionally	Often	Repeatedly
1. I put things around my home to remind me to be physically active. EXPER1					
2. I tell myself that if I try hard enough I can be physically active. EXPER2					
3. I make commitments to be physically active. EXPER3					
4. I keep things around my place of work that remind me to be physically active. EXPER4					
5. I find society changing in ways that make it easier to be physically active. EXPER5					

How frequently does this occur?	Never	Seldom	Occasionally	Often	Repeatedly
6. Warnings about health hazards of inactivity affect me emotionally. EXPER6					
7. I react emotionally to warnings about an inactive lifestyle. EXPER7					
8. I read articles about exercise and physical activity in an attempt to learn more about it. EXPER8					
9. I have a healthy friend that encourages me to be physically active when I don't feel up to it. EXPER9					
10. When I am physically active, I tell myself that I am being good to myself by taking care of my body. EXPER10					
11. I am aware of more and more people encouraging me to be more physically active. EXPER11					
12. I do something nice for myself for making efforts to be more physically active. EXPER12					
13. I have someone who provides feedback about my physical activity. EXPER13					
14. I look for information related to exercise or physical activity. EXPER14					
15. I feel I would be a better role model for others if I exercised regularly. EXPER15					
16. I think about the type of person I will be if I am physically active. EXPER16					
17. I realize that I might be able to influence others to be healthier if I would be more physically active. EXPER17					
18. I get frustrated with myself when I am not physically active. EXPER18					

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How frequently does this occur?	Never	Seldom	Occasionally	Often	Repeatedly
19. When I feel tired I can make myself be physically active because I know I will feel better afterward. EXPER19					
20. When I am feeling tense, I find that being physically active helps to relieve my worries. EXPER20					

Deciding About Physical Activity

Please rate how important each of these statements is in your decision whether or not to be physically active. In each case, rate how you think now, not how you have thought in the past or would like to think.

	Not at all important	Slightly important	Moderately important	Very important	Extremely important
1. I think I would be too tired to do my daily work after being physically active. IMPORT1					
2. I would sleep better if I was regularly physically active. IMPORT2					
3. I would feel good about myself if I kept my promise to be more physically active. IMPORT3					
4. I would find it hard to find a physical activity that I enjoy that is not affected by bad weather. IMPORT4					
5. I would like my body better if I was regularly physically active. IMPORT5					
6. It would be easier for me to do routine physical tasks if I was regularly physically active. IMPORT6					
7. I would feel less stressed if I was regularly physically active. IMPORT7					
8. I feel uncomfortable when I engage in physical activity because I get out of breath and my heart beats very fast. IMPORT8					
9. I would feel more comfortable with my body if I was regularly physically active. IMPORT9					

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	Not at all important	Slightly important	Moderately important	Very important	Extremely important
10. Regular physical activity would take too much of my time.	IMPORT10				
11. I would have less time for my family and friends if I was regularly physically active.	IMPORT11				
12. At the end of the day, I am too exhausted to exercise.	IMPORT12				

Environment

Please indicate below which items you have in your home, yard, or apartment complex.

	No	Yes
1. stationary aerobic equipment (e.g., cycle, rowing machine, treadmill, Nordictrac, stairmaster)	ENVIRO1	
2. bicycle	ENVIRO2	
3. a dog you can walk	ENVIRO3	
4. trampoline for jogging in place	ENVIRO4	
5. running shoes	ENVIRO5	
6. swimming pool	ENVIRO6	
7. weight lifting equipment (e.g., free weights, Nautilus, Universal)	ENVIRO7	
8. toning devices (e.g., heavy hands, ankle weights, dyna-bands, thighmaster)	ENVIRO8	
9. aerobic workout videotapes or audio tapes	ENVIRO9	
10. step aerobics, slide aerobics	ENVIRO10	

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	No	Yes
11. skates (roller, in line, or ice) ENVIRO11		
12. sports equipment (balls, racquets) ENVIRO12		
13. canoe, row boat, kayak ENVIRO13		
14. skis (snow or water) ENVIRO14		

Please indicate which of the following apply to your neighborhood.

	No	Yes
15 sidewalks ENVIRO15		
16. heavy traffic ENVIRO16		
17. hills ENVIRO17		
18. street lights ENVIRO18		
19. dogs that are unattended or roaming free ENVIRO19		
20. enjoyable scenery ENVIRO20		
21. frequently see people walking or exercising ENVIRO21		
22. high crime ENVIRO22		

23. Are you a member of a health club or gym? **ENVIRO23**
 No Yes

24. How safe do you feel walking in your neighborhood during the day? **ENVIRO24**
 Very unsafe Somewhat unsafe Somewhat safe Very safe

25. Is your neighborhood (please check one box): **ENVIRO25**
 homes mixed homes and businesses mainly businesses

26. What is the household income in your neighborhood? **ENVIRO26**
 low medium medium high high

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These questions have to do with work outside the home.

27. Are there exercise facilities at your work? (e.g., workout room/gym, exercise equipment, walking path/PAR course)
- Yes No Not applicable
28. Are there regular exercise programs at your work? (e.g., aerobic classes, team sports, walking groups, etc.)
- Yes No Not applicable
29. Are there shower facilities at your work?
- Yes No Not applicable
30. Is an exercise specialist/activity coordinator available for employees at your work?
- Yes No Not applicable
31. Are there any policies at your work that encourage exercise or biking?
- Yes No Not applicable
32. Does your employer provide any paid time for you to exercise?
- Yes No Not applicable

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Social Support

Below is a list of things people might do or say to someone who is trying to be physically active. If you are not trying to be physically active, then some of the questions may not apply to you. However, please read and give an answer to every question.

Please rate each question *twice*. Under "FAMILY", rate how often anyone living in your household has said or done what is described during the last week. Under "FRIENDS", rate how often your friends, acquaintances, or coworkers have said or done what is described during the last week.

Please use the scale below when rating each of the questions.

0 Does not apply	1 None	2 Rarely	3 A few times	4 Often	5 Very often
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During the last week, my family (or members of my household) or friends:

- | |
|---|
| 1. Were physically active with me. |
| 2. Offered to be physically active with me. |
| 3. Gave me helpful reminders to be physically active ("Are you going for a walk?") |
| 4. Gave me encouragement to become more physically active. |
| 5. Changed their schedule so we could be physically active together. |
| 6. Discussed physical activity with me. |
| 7. Complained about the time I spent being physically active. |
| 8. Criticized me or made fun of me for being physically active. |
| 9. Gave me rewards for being physically active (bought me something or gave me something I like). |

FAMILY					
0	1	2	3	4	5
		FAMILY1			
		FAMILY2			
		FAMILY3			
		FAMILY4			
		FAMILY5			
		FAMILY6			
		FAMILY7			
		FAMILY8			
		FAMILY9			

FRIENDS					
0	1	2	3	4	5
		FRIENDS1			
		FRIENDS2			
		FRIENDS3			
		FRIENDS4			
		FRIENDS5			
		FRIENDS6			
		FRIENDS7			
		FRIENDS8			
		FRIENDS9			

Please use the scale below when rating each of the questions.					
0 Does not apply	1 None	2 Rarely	3 A few times	4 Often	5 Very often

During the last week, my family (or members of my household) or friends:

10. Planned for physical activity on recreational outings.
11. Helped plan other activities around my physical activity.
12. Asked me for ideas on how <i>they</i> can be more physically active.
13. Talked about how much they liked being physically active.

FAMILY					
0	1	2	3	4	5

FRIENDS					
0	1	2	3	4	5

Please answer each question below, by marking "Yes" or "No". Answer the questions for hard or very hard activity then answer the questions about moderate activity.

Hard or very hard physical activity or exercise includes hard activities such as jogging, aerobics, swimming, and biking. For hard or very hard activity to be regular, it must last at least 20 minutes each time, and be done at least 3 days per week.

	No	Yes
1. I currently participate in <u>hard or very hard</u> physical activity.	HARD1	
2. I intend to increase my participation in <u>hard or very hard</u> physical activity in the next 6 months.	HARD2	
3. I currently participate in <u>regular</u> hard or very hard physical activity.	HARD3	
4. I have been participating in <u>hard or very hard</u> physical activity <u>regularly</u> for the past 6 months.	HARD4	
5. In the past, I have been <u>regularly</u> physically active in hard or very hard activities for a period of at least 3 months.	HARD5	

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Moderate physical activity or exercise includes such activities as brisk walking, gardening, and heavy housecleaning. For moderate activity to be **regular** it must add up to a total of 30 or more minutes per day, and be done at least 5 days per week. For example, you could take a 30 minute walk or take a 10 minute walk, rake leaves for 10 minutes, and mop the floor for 10 minutes.

	No	Yes
1. I currently participate in moderate physical activity.	MOD1	
2. I intend to increase my participation in moderate physical activity in the next 6 months.	MOD2	
3. I currently participate in regular moderate physical activity.	MOD3	
4. I have been participating in moderate physical activity regularly for the past 6 months.	MOD4	
5. In the past, I have been regularly physically active in moderate activities for a period of at least 3 months.	MOD5	

Thank you!

EXTRA VARIABLES – SUMMARIES

- BARRIERS – Self-Efficacy: Barriers
- WALK – Self-Efficacy: Performance
- MNSC – Process of Change: Remind Yourself
- MNSEL – Process of Change: Commit Yourself
- MNSOL – Process of Change: Increase Healthy Alter
- MNDR – Process of Change: Warnings of Risk
- MNHR – Process of Change: Enlist Social Support
- MNRM – Process of Change: Reward Yourself
- MNER – Process of Change: Care about Consequence
- MNSR – Process of Change: Comprehend Benefits
- MNCC – Process of Change: Substitute Alternative
- CONPRO – Decisional Balance
- ENFIRO – Aids in the Environment
- FAMINV – Participation/Involvement
- FAMRP – Family Reward/Punishment
- EXERTOG – Exercising Together
- NEIGH – Neighborhood
- EXERWORK – Exercising at Work