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INFLUENCES ON ACTIVITY QUESTIONNAIRE

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

		anno at a					derat)			rtain I can
l could be physically active	0	0 1	1	1 2	3	4	5	6	7	8	9	10
1. when I am tired	AC	TIVE	1									
during or following a personal crisis	AC	TIVE	2		1	19,2		-				
3. when I am feeling depressed	AC	TIVE	3									
4. when I am feeling anxious	AC	TIVE	4						-	, .		
5. during bad weather	AC	TIVE	<mark>5</mark>									
when I am slightly sore from the last time I was physically active	AC	TIVE	<mark>-6</mark>		veni.	. 1				: '		
7. when I am on vacation	AC	TIVE	7	T								
when there are competing interests (like my favorite TV show)	AC	TIVE	<mark>.8</mark>	100	. 5. j. 2. j.	<u>.</u>						
when I have a lot of work to do	AC	TIVE	<mark>.</mark> 9									
10. when I haven't reached my physical activity goals	AC	TIVE	<mark>10</mark>	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	हा । दि तेत्र केल्प		B	1	. 43 **	#\$(t)		
11. when I don't receive support from family or friends	AC	TIVE	11									
12. following complete recovery from an illness	AC	TIVE	12	4	965 H	1/2000 1/	ME SE	-\$\tilde{\pi}\)	1487 18-4	~\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	:_h~ '	
13. when I have no one to be physically active with	AC	TIVE	13 13									
14. when my schedule is hectic	AC	TIVE	14									

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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 cannot do at all			Moderately certain I can do				Certain the			
I could walk at a pace without sto		0	1	2	3	4	5	6	7	8	9	10
15. 10 minutes	WALK_10				_11							
16. 20 minutes	WALK_20	Ty.	(\$#E	A) 30	0.3	700	学	4	100	化数 次	H.	100
17. 30 minutes	WALK_30											
18. 40 minutes	WALK_40						14.23		- 1			
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 <u>past month</u>, then rate how frequently the event occurs. Please check the box below the word that best describes your answer for each experience.

Hov	w frequently does this occur?	Never	Seldom	Occasionally	Often	Repeatedly
1.	I put things around my home to remind me to be physically active.	XPER1				
2.	I tell myself that if I try hard enough I can be physically active.	XPER2		2000年6		
3.	I make commitments to be physically active.	XPER3				
4.	1 keep unings around my place	XPER4	文章 安全 學	大学 大学 教育		
5.	I find society changing in ways that make it easier to be physically active.	XPER5				

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Ho	w frequently does this occur?	Never	Seldom	Occasionally	Often	Repeatedly
6.	Warnings about health hazards of inactivity affect me Exemptionally.	(PER6	35 51255 - 34		*	
7.	I react emotionally to warnings Exabout an inactive lifestyle.					
8.	i read articles about exercise and physical activity in an attempt to learn more about it.	(PER8	e de la companya de l			
9.	I have a healthy friend that encourages me to be physically active when I don't feel up to it.	(PER9				
10.	When I am physically active, I tell myself that I am being good _{EN} to myself by taking care of my body.	(PER10		in in the second se		1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
11.	I am aware of more and more people encouraging me to be Ex more physically active.	(PER11		:		
12.	I do something nice for myself Ex for making efforts to be more physically active.	(PER12		*	ra hegi	
13.	I have someone who provides feedback about my physical Exactivity.	(PER13				٠
14.	I look for information related to exercise or physical activity.	(PER14	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	, 44 T	151.100	
15.	I feel I would be a better role model for others if I exercised Ex	(PER15				
16.	I think about the type of person I will be if I am physically Exactive.	(PER16	6.49°C 5.746°C	(新华·克·	4. 温	
17.	I realize that I might be able to influence others to be healthier if I would be more physically exactive.	(PER17				
18.	i get frustrated with myself Exwhen I am not physically active.	(PER18	j - j			

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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.	XPER19				
20. When I am feeling tense, I find that being physically active the helps to relieve my worries.	XPER20	en en en			desi-

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 <u>now</u>, <u>not</u> 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	1 The Contract of the Contract		, yes	
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	· 新生活的 () 100 () 100 ()	a de de de	7.10	
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				18
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.	MPORT10		***	a should be	
11. I would have less time for my family and friends if I was regularly physically active.	MPORT11				
12. At the end of the day, I am too exhausted to exercise.	MPORT12	in bout sellow term	2. 全 4 元 5 元 (第5. 英王) 2		

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)	ENV	RO1	
2.	bicycle Report of the second o	ENV	RO2	
3.	a dog you can walk	ENV	RO3	
4.	trampoline for jogging in place	ENV	RO4	- A.
5,	running shoes	<mark>ENV</mark> I	RO5	
6.	swimming pool	ENV	RO6	
7.	weight lifting equipment (e.g., free weights, Nautilus, Universal)	ENV	RO7	
8.	toning devices (e.g., heavy hands, ankle weights, dyna-bands, thighmaster)	<mark>ENV</mark> I	RO8	
9.	aerobic workout videotapes or audio tapes	ENV	RO9	
10.	step aerobics, slide aerobics	ENV	RO10	

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	No	Yes
11. skates (roller, in line, or ice)	RO11	
12. sports equipment (balls, racquets)	RO12	
13. canoe, row boat, kayak	RO13	
14. skis (snow or water)	RO14	

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	Constitution (Constitution Constitution Cons	ENVIRO18	
19. dogs that are unattended or	roaming free	ENVIRO19	
20. enjoyable scenery	4.	ENVIRO20	
21. frequently see people walking	ng or exercising	ENVI _{RO21}	
22. high crime	1 - 2 2 27 27 2	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.							
	 Are there exercise facilities at your work? (e.g., workout room/gym, exercise equipment, walking path/PAR course) 							
	Yes	□No	Not applicable					
28. Are the etc.)	 Are there regular exercise programs at your work? (e.g., aerobic classes, team sports, walking groups, etc.) 							
	Yes	□No	Not applicable					
29. Are the	re shower facil	ities at your work	?					
	Yes	□No	Not applicable					
30. Is an ex	xercise special	ist/activity coordin	ator available for employees at your work?					
	Yes	□ No	Not applicable					
31. Are the	re any policies	at your work that	encourage exercise or biking?					
	Yes	□No	Not applicable					
32. Does y	our employer p	provide any paid ti	me for you to exercise?					
	Yes	□No	Not applicable					

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Social Support

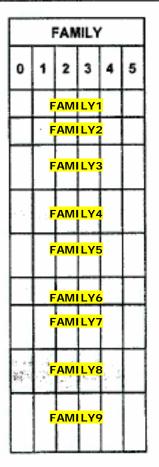
Below is a list of things people might do or say to someone who is trying to be physically active. If you are not trying to be physically active, then some of the questions may not apply to you. However, please read and give an answer to every question.

Please rate each question twice. Under "FAMILY", rate how often anyone living in your household has said or done what is described <u>during the last week</u>. 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			

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

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



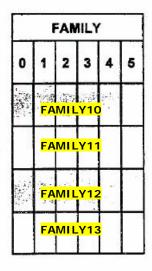
	FRIENDS						
0	1	2	3	4	5		
		RIE	NDS	1			
٠.		RIE	NDS	<mark>2</mark>			
	F	RIE	NDS	<mark>3</mark>			
	F	RIE	NDS	<mark>4</mark>	4		
	F	RIE	NDS	<mark>5</mark>			
٠.	F	RIE	NDS	6 6			
	F	RIE	NDS	<mark>7</mark>			
	S <mark>F</mark>	RIE	NDS	<mark>8</mark>			
	F	RI EI	NDS	9 			

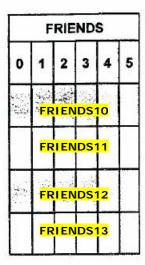
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	Please use the scale below when rating each of the questions.					
0 Does not apply	1 None	2 Rarely	3 A few times	4 Often	5 Very often	

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

- 10. Planned for physical activity on recreational outings.
- Helped plan other activities around my physical activity.
- Asked me for ideas on how they can be more physically active.
- Talked about how much they liked being physically active.





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

<u>Hard or very hard</u> physical activity or exercise includes hard activities such as jogging, aerobics, swimming, and biking. For hard or very hard activity to be <u>regular</u>, 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 hard or very hard physical activity.	HARD1	
2.	I intend to increase my participation in hard or very hard physical activity in the next 6 months.	HARD2	
3.	I currently participate in regular hard or very hard physical activity.	HARD3	
4.	I have been participating in hard or very hard 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	

<u>Moderate</u> physical activity or exercise includes such activities as brisk walking, gardening, and heavy housecleaning. For moderate activity to be <u>regular</u> 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	North Control
3.	I currently participate in <u>regular</u> moderate physical activity.	MOD3	
4.	I have been participating in moderate physical activity <u>regularly</u> for the past 6 months.	MOD4	
5.	In the past, I have been <u>regularly</u> 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: Emist Social Supp

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