

OPAC promoting

Scoring

Factor 1: Positive feelings with exercise. Take the total of items 9, 6, and 3

Factor 2: Anticipating rewards: Take the total of items 10, 1, 4, and 7

Factor 3: Responsibility to others: Take the total of items 5, 2, and 8

Do not add up all the items together as there is no higher order factor.

Name:

Date:

These questions are about the things that might encourage us to be active during the day time. Please circle the answers that best fit for you.

Questions:

		Do not agree	Agree a little	Agree moderately	Agree a lot	Totally agree
1	Being physically active will do me good mentally	0	1	2	3	4
2	Other people are counting on me to do the activity	0	1	2	3	4
3	When I think about physical activity it reminds me of positive feelings	0	1	2	3	4
4	Physical activity makes me feel better physically	0	1	2	3	4
5	I exercise because others are expecting me to	0	1	2	3	4
6	I feel great after physical activity	0	1	2	3	4
7	I know that I can enjoy being active	0	1	2	3	4
8	If I exercise I will be less of a burden on other people	0	1	2	3	4
9	I feel empowered by exercise	0	1	2	3	4
10	I know that I'll feel better after doing it	0	1	2	3	4