

Instructions

Carefully read each statement and circle the number that best describes your feelings in each statement. Please be completely honest with your answers.

	Strongly Agree	Mildly Agree	Mildly Disagree	Strongly Disagree
1. I can walk, ride a bike (or a wheelchair), swim, or walk in a shallow pool.	4	3	2	1
2. I enjoy exercise.	4	3	2	1
3. I believe exercise can help decrease the risk for disease and premature mortality.	4	3	2	1
4. I believe exercise contributes to better health.	4	3	2	1
5. I have previously participated in an exercise program.	4	3	2	1
6. I have experienced the feeling of being physically fit.	4	3	2	1
7. I can envision myself exercising.	4	3	2	1
8. I am contemplating an exercise program.	4	3	2	1
9. I am willing to stop contemplating and give exercise a try for a few weeks.	4	3	2	1
10. I am willing to set aside time at least three times a week for exercise.	4	3	2	1
11. I can find a place to exercise (the streets, a park, a YMCA, a health club).	4	3	2	1
12. I can find other people who would like to exercise with me.	4	3	2	1
13. I will exercise when I am moody, fatigued, and even when the weather is bad.	4	3	2	1
14. I am willing to spend a small amount of money for adequate exercise clothing (shoes, shorts, leotards, or swimsuit).	4	3	2	1
15. If I have any doubts about my present state of health, I will see a physician before beginning an exercise program.	4	3	2	1
16. Exercise will make me feel better and improve my quality of life.	4	3	2	1

Scoring Your Test:

This questionnaire allows you to examine your readiness for exercise. You have been evaluated in four categories: mastery (self-control), attitude, health, and commitment. Mastery indicates that you can be in control of your exercise program. Attitude examines your mental disposition toward exercise. Health provides evidence of the wellness benefits of exercise. Commitment shows dedication and resolution to carry out the exercise program. Write the number you circled after each statement in the corresponding spaces below. Add the scores on each line to get your totals. Scores can vary from 4 to 16. A score of 12 and above is a strong indicator that that factor is important to you, and 8 and below is low. If you score 12 or more points in each category, your chances of initiating and adhering to an exercise program are good. If you fail to score at least 12 points in three categories, your chances of succeeding at exercise may be slim. You need to be better informed about the benefits of exercise, and a re-training process may be required.

Mastery: 1. _____ + 5. _____ + 6. _____ + 9. _____ = _____

Attitude: 2. _____ + 7. _____ + 8. _____ + 13. _____ = _____

Health: 3. _____ + 4. _____ + 15. _____ + 16. _____ = _____

Commitment: 10. _____ + 11. _____ + 12. _____ + 14. _____ = _____