AFPA

MOTIVATION FOR PHYSICAL ACTIVITY IN THE GYM

The following is a list of reasons why people engage in physical activities, sports and exercise. Keeping in mind your primary physical activity at the gym, rate each reason (using the scale given) on the basis of how true the response is for you.

1 2 3 4 5 6 7

Not At All True For Me — Very True For Me

___ 1. I want to be physically fit.
___ 2. It's fun.
___ 3. I like engaging in activities that physically challenge me.
___ 4. I want to acquire new skills.
___ 5. I want to lose or maintain weight so that I'll look better.
___ 6. I want to be with my friends.
___ 7. I like to do this activity.
___ 8. I want to improve my existing skills.
___ 9. I like the challenge.
___ 10. I want to define my muscles so that I'll look better.
___ 11. It makes me happy.
___ 12. I want to keep up my current skill level.
___ 13. I want to have more energy.
___ 14. I like activities that are physically challenging.
___ 15. I like to be with others who are interested in this activity.
___ 16. I want to improve my cardiovascular fitness.
___ 17. I want to improve my appearance.
___ 18. I think it's interesting.
___ 19. I want to maintain my physical strength to live a healthy life.
___ 20. I want to be attractive to others.
___ 21. I want to meet new people.
___ 22. I really enjoy this activity.
___ 23. I want to maintain my physical health and well-being.
___ 24. I want to improve my body shape.
___ 25. I want to get better at my activity.
___ 26. I find this activity stimulating.
___ 27. I will feel physically unattractive if I don't.
___ 28. My friends want me to.
___ 29. I like the excitement of participation.
___ 30. I enjoy spending time with others doing this activity.

Subscales:

Interest/Enjoyment: Add Items 2,7,11,18, 22, 26, 29 ÷ 7 = _____
Competence: Add Items 3,4,8,9,12,14,25 ÷ 7 = _____
Appearance: Add Items 5,10, 17, 20, 24, 27 ÷ 6 = _____
Fitness: Add Items 1,13,16,19, 23 ÷ 5 = _____
Social: Add Items 6,15,21,28, 30 ÷ 5 = _____