

Exercise Motivation Question Set

Study ID number: _____ Date: _____

Please answer all questions as honestly as possible. Please note that there are no right or wrong answers and no trick questions. We simply want you to self-reflect on your level of readiness to participate in this study so we can better identify how to help you meet your step-count goals. Your responses will be held in confidence and only used for our research purposes.

1. For you, without participating in regular walking, what is the likelihood that you will suffer from or continue to suffer from high blood pressure in the coming years?

[illegible]

2. How confident are you that you will be able to add an extra 3,000 steps to your normal daily routine on 5 days each week?

[illegible]

3. If I add an extra 3,000 steps on 5 days each week, then I will feel well-balanced and satisfied.

[illegible]

4. For you, without participating in regular walking, what is the likelihood that you will suffer from or continue to suffer from high blood cholesterol in the coming years?

[illegible]

10. How certain are you that you can add an extra 3,000 steps to your normal daily routine on 5 days each week?

[illegible]

11. If I add 3,000 steps on 5 days each week, then I will have more energy and feel more alert.

[illegible]

12. I intend to add 3,000 extra steps to my normal daily routine on 5 days each week.

[illegible]

Exercise Action Question Set

Study ID number: _____ Date: _____

Please answer all questions as honestly as possible. Please note that there are no right or wrong answers and no trick questions. Your responses will be held in confidence and only used for our research purposes.

1. I have made a detailed plan regarding where to get my extra 3,000 steps.

[illegible]

2. I am sure I can keep getting my extra 3,000 steps even if I am tired.

[illegible]

3. I have made a detailed plan regarding on what days of the week to get my extra 3,000 steps.

[illegible]

4. I am confident I can keep getting my extra 3,000 steps even if I have too much work to do.

[illegible]

5. I have made a detailed plan regarding what time(s) of day to get my extra 3,000 steps.

[illegible]

11. I am certain I can keep getting my extra 3,000 steps even if there are other more interesting things to do.

[illegible]

12. I am confident I can resume getting my extra 3,000 steps even if I weren't physically active
for a period of time.

[illegible]