

Online Resource 1
Self-Report Questionnaire Items

Aerobic exercise: Any activity that uses large muscle groups, is done for at least 20 minutes each time, and is done at a level that causes your breathing to be heavy and your heart to beat faster (examples are running, swimming, bicycling, step aerobics, basketball).

Exercise Norms (Bryan & Rocheleau, 2002; Bryan et al., 2007)

Instructions: We'd like to know how your friends and the people who are important to you feel about aerobic exercise.

1	2	3	4	5	6	7
Disagree Strongly			Neither agree nor disagree			Strongly Agree

1. Most of my friends engage in weekly aerobic exercise
2. Most of my family think that I should do aerobic exercise
3. Most of my colleagues at work/peers at school think I should do aerobic exercise
4. My friends think that I should do aerobic exercise
5. My significant other (boyfriend/girlfriend/spouse) think that I should do aerobic exercise
6. My doctor thinks that I should do aerobic exercise
7. Most people who are important to me think I should do aerobic exercise
8. Most people who are important to me would support me starting an exercise program
9. Most people who are important to me think I should exercise to prevent health risks (i.e., blood cholesterol, heart disease, and blood pressure)

Exercise Intentions (Bryan & Rocheleau, 2002; Bryan et al., 2007)

Instructions: Try to look ahead towards the future and think about how likely you would be to do each of the following things *in the next three months*.

1	2	3	4	5	6	7
Not at all likely			Neither likely nor unlikely			Very likely

1. How likely is it that you will talk to your friends about aerobic exercise in the next three months?
2. How likely is it that you will get or buy equipment that can be used for aerobic exercise (workout clothes, special shoes) in the next three months?
3. How likely is it that you will go to a recreation center or a health club to do aerobic exercise in the next three months?
4. How likely is it that you will actually do aerobic exercise for at least three times a week in the next three months?

Attitudes towards Exercise (PACES; Kendzierski & DeCarlo, 1991)

Instructions: Please rate how you feel at the moment about physical activity. Below is a list of statements describing feelings related to physical activity. For each statement, mark the number of the scale that best describes you.

1. I enjoy it	1	2	3	4	5	6	7	I hate it
2. I feel bored	1	2	3	4	5	6	7	I feel interested
3. I dislike it	1	2	3	4	5	6	7	I like it
4. I find it pleasurable	1	2	3	4	5	6	7	I find it unpleasurable
5. I am very absorbed in physical activity	1	2	3	4	5	6	7	I am not at all absorbed in physical activity
6. It's no fun at all	1	2	3	4	5	6	7	It's a lot of fun
7. I find it energizing	1	2	3	4	5	6	7	I find it tiring
8. It makes me depressed	1	2	3	4	5	6	7	It makes me happy
9. It's very pleasant	1	2	3	4	5	6	7	It's very unpleasant
10. I feel good physically while doing it	1	2	3	4	5	6	7	I feel bad physically while doing it
11. It's very invigorating	1	2	3	4	5	6	7	It's not at all invigorating
12. I am very frustrated by it	1	2	3	4	5	6	7	I am not at all frustrated by it
13. It's very gratifying	1	2	3	4	5	6	7	It's not at all gratifying
14. It's very exhilarating	1	2	3	4	5	6	7	It's not at all exhilarating
15. It's not at all stimulating	1	2	3	4	5	6	7	It's very stimulating
16. It gives me a strong sense of accomplishment	1	2	3	4	5	6	7	It does not give me any sense of accomplishment
17. It's very refreshing	1	2	3	4	5	6	7	It's not at all refreshing
18. I felt as though I would rather be doing something else	1	2	3	4	5	6	7	I felt as though there was nothing else I would rather be doing

Exercise Self-Efficacy (Bryan & Rocheleau, 2002; Bryan et al., 2007)

Instructions: These next questions ask about your feelings towards exercising under various circumstances. Again, please respond even if you have never exercised before. In that case, indicate how you think you would feel under those circumstances.

1	2	3	4	5	6	7
Disagree Strongly			Neither agree nor disagree			Strongly Agree

1. I feel confident that I could do aerobic exercise for at least 90 minutes per week
2. I feel confident that I know how to do aerobic exercise correctly
3. I feel confident that I could do many different kinds of aerobic exercise
4. I feel confident that I could do aerobic exercise even if I was very busy
5. I feel confident that I could do aerobic exercise even if I was feeling tired
6. I feel confident that I could do aerobic exercise even if none of my friends would do it with me
7. I feel confident that I could do aerobic exercise even if I was feeling bored with it
8. I feel confident that I could do aerobic exercise even if I was in a bad mood
9. I feel confident that I could do aerobic exercise even if the weather was bad

Intrinsic Motivation for Exercise (IMI; Lee & DiClemente, 2001)

Instructions: Please rate how much you agree or disagree with the following statements by circling a number between 1 and 7, where 1 equals “strongly disagree” and 7 equals “strongly agree.”

		Strongly Disagree					Strongly Agree	
		1	2	3	4	5	6	7
1	I enjoy participating in physical activity very much.	1	2	3	4	5	6	7
2	I think I am pretty good at physical activity.	1	2	3	4	5	6	7
3	I put a lot of effort into physical activity.	1	2	3	4	5	6	7
4	I do not feel nervous at all while participating in physical activity.	1	2	3	4	5	6	7
5	Physical activity is fun to do.	1	2	3	4	5	6	7
6	I think I do pretty well at physical activity, compared to my peers.	1	2	3	4	5	6	7
7	I haven't tried very hard to do well at physical activities.	1	2	3	4	5	6	7
8	I feel very tense while participating in physical activities.	1	2	3	4	5	6	7
9	I haven't really had a choice about participating in physical activity.	1	2	3	4	5	6	7
10	I think that physical activity is boring.	1	2	3	4	5	6	7
11	I try very hard at physical activity.	1	2	3	4	5	6	7
12	I am very relaxed in doing physical activity.	1	2	3	4	5	6	7
13	I feel like I have to participate in physical activity.	1	2	3	4	5	6	7
14	Physical activity does not hold my attention at all.	1	2	3	4	5	6	7
15	I would describe physical activity as very interesting.	1	2	3	4	5	6	7
16	I am pretty skilled at the level of physical activity that I do.	1	2	3	4	5	6	7
17	I haven't put much energy into doing physical activity.	1	2	3	4	5	6	7
18	I feel pressured during participation in physical activity.	1	2	3	4	5	6	7
19	I think that physical activity is quite enjoyable.	1	2	3	4	5	6	7
20	While participating in physical activity, I think about how much I enjoy it.	1	2	3	4	5	6	7
21	I participate in physical activities because I have no other choice.	1	2	3	4	5	6	7

Note. * Denotes reverse-scored item.

Self-Reported Exercise Behavior (Bryan & Rocheleau, 2002; Bryan et al., 2007)

Instructions: We are interested in what your past experience with exercise has been, and what your current exercise behavior is. Remember that your answers are confidential, so please be as honest as you can. Please keep the definition of aerobic exercise in mind when you're answering these questions.

1. Have you **ever** done *aerobic exercise*? Yes No

2. Have you done any *aerobic exercise* in the PAST THREE MONTHS? Yes No

3. In the PAST THREE MONTHS only, how often did you engage in *aerobic* activity?

1	2	3	4	5	6	7
Never			Sometimes			Often

4. In the PAST THREE MONTHS only, what is the average number of days per week that you engaged in *aerobic exercise*?

0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
--------	-------	--------	--------	--------	--------	--------	--------

5. In the PAST WEEK only, how many days did you engage in *aerobic exercise*?

0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
--------	-------	--------	--------	--------	--------	--------	--------