

Acrostic:

**INFLUENCES ON ACTIVITY QUESTIONNAIRE**

Many people report that it is more difficult to be physically active under some conditions than others. Please rate how **confident** you are that you could be physically active under EACH of the following conditions over the **NEXT SIX MONTHS**. (Please rate EACH one below.)

| I could be physically active . .                                      | I cannot do at all |   | Moderately Certain I can do |   |   |   |   |   | Certain that I can do |   |    |
|---|--------------------|---|-----------------------------|---|---|---|---|---|-----------------------|---|----|
|   | 0                  | 1 | 2                           | 3 | 4 | 5 | 6 | 7 | 8                     | 9 | 10 |
| 1. when I am tired  | ACTIVE1            |   |                             |   |   |   |   |   |                       |   |    |
| 2. during or following a personal crisis                              | ACTIVE2            |   |                             |   |   |   |   |   |                       |   |    |
| 3. when I am feeling depressed  | ACTIVE3            |   |                             |   |   |   |   |   |                       |   |    |
| 4. when I am feeling anxious  | ACTIVE4            |   |                             |   |   |   |   |   |                       |   |    |
| 5. during bad weather   | ACTIVE5            |   |                             |   |   |   |   |   |                       |   |    |
| 6. when I am slightly sore from the last time I was physically active | ACTIVE6            |   |                             |   |   |   |   |   |                       |   |    |
| 7. when I am on vacation  | ACTIVE7            |   |                             |   |   |   |   |   |                       |   |    |
| 8. when there are competing interests (like my favorite TV show)      | ACTIVE8            |   |                             |   |   |   |   |   |                       |   |    |
| 9. when I have a lot of work to do                                    | ACTIVE9            |   |                             |   |   |   |   |   |                       |   |    |
| 10. when I haven't reached my physical activity goals                 | ACTIVE10           |   |                             |   |   |   |   |   |                       |   |    |
| 11. when I don't receive support from family or friends               | ACTIVE11           |   |                             |   |   |   |   |   |                       |   |    |
| 12. following complete recovery from an illness                       | ACTIVE12           |   |                             |   |   |   |   |   |                       |   |    |
| 13. when I have no one to be physically active with                   | ACTIVE13           |   |                             |   |   |   |   |   |                       |   |    |
| 14. when my schedule is hectic  | ACTIVE14           |   |                             |   |   |   |   |   |                       |   |    |

*Please turn to the next page.*

Acrostic:

Please rate how confident you are at the PRESENT TIME that you could perform EACH of the following.  
(Please rate EACH one below.)

| I could walk at a fast pace without stopping for... | I cannot do at all |   |   | Moderately certain I can do |   |   |   | Certain that I can do |   |   |    |
|---|--------------------|---|---|-----------------------------|---|---|---|-----------------------|---|---|----|
|   | 0                  | 1 | 2 | 3                           | 4 | 5 | 6 | 7                     | 8 | 9 | 10 |
| 15. 10 minutes WALK_10                              |                    |   |   |                             |   |   |   |                       |   |   |    |
| 16. 20 minutes WALK_20                              |                    |   |   |                             |   |   |   |                       |   |   |    |
| 17. 30 minutes WALK_30                              |                    |   |   |                             |   |   |   |                       |   |   |    |
| 18. 40 minutes WALK_40                              |                    |   |   |                             |   |   |   |                       |   |   |    |
| 19. 50 minutes WALK_50                              |                    |   |   |                             |   |   |   |                       |   |   |    |

**Experiences Affecting Physical Activity**

The following experiences can affect the physical activity habits of some people. Think of any similar experiences you may be currently having or have had during the past month, then rate how frequently the event occurs. Please check the box below the word that best describes your answer for each experience.

| How frequently does this occur?  | Never | Seldom | Occasionally | Often | Repeatedly |
|--|-------|--------|--------------|-------|------------|
| 1. I put things around my home to remind me to be physically active. <b>EXPER1</b>             |       |        |              |       |            |
| 2. I tell myself that if I try hard enough I can be physically active. <b>EXPER2</b>           |       |        |              |       |            |
| 3. I make commitments to be physically active. <b>EXPER3</b>                                   |       |        |              |       |            |
| 4. I keep things around my place of work that remind me to be physically active. <b>EXPER4</b> |       |        |              |       |            |
| 5. I find society changing in ways that make it easier to be physically active. <b>EXPER5</b>  |       |        |              |       |            |

Acrostic:

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

| How frequently does this occur?   | Never | Seldom | Occasionally | Often | Repeatedly |
|---|-------|--------|--------------|-------|------------|
| 6. Warnings about health hazards of inactivity affect me emotionally. <b>EXPER6</b>   |       |        |              |       |            |
| 7. I react emotionally to warnings about an inactive lifestyle. <b>EXPER7</b>   |       |        |              |       |            |
| 8. I read articles about exercise and physical activity in an attempt to learn more about it. <b>EXPER8</b>                 |       |        |              |       |            |
| 9. I have a healthy friend that encourages me to be physically active when I don't feel up to it. <b>EXPER9</b>             |       |        |              |       |            |
| 10. When I am physically active, I tell myself that I am being good to myself by taking care of my body. <b>EXPER10</b>     |       |        |              |       |            |
| 11. I am aware of more and more people encouraging me to be more physically active. <b>EXPER11</b>                          |       |        |              |       |            |
| 12. I do something nice for myself for making efforts to be more physically active. <b>EXPER12</b>                          |       |        |              |       |            |
| 13. I have someone who provides feedback about my physical activity. <b>EXPER13</b>   |       |        |              |       |            |
| 14. I look for information related to exercise or physical activity. <b>EXPER14</b>   |       |        |              |       |            |
| 15. I feel I would be a better role model for others if I exercised regularly. <b>EXPER15</b>                               |       |        |              |       |            |
| 16. I think about the type of person I will be if I am physically active. <b>EXPER16</b>                                    |       |        |              |       |            |
| 17. I realize that I might be able to influence others to be healthier if I would be more physically active. <b>EXPER17</b> |       |        |              |       |            |
| 18. I get frustrated with myself when I am not physically active. <b>EXPER18</b>  |       |        |              |       |            |

Please turn to the next page.

Acrostic:

| How frequently does this occur?  | Never | Seldom | Occasionally | Often | Repeatedly |
|--|-------|--------|--------------|-------|------------|
| 19. When I feel tired I can make myself be physically active because I know I will feel better afterward. <b>EXPER19</b> |       |        |              |       |            |
| 20. When I am feeling tense, I find that being physically active helps to relieve my worries. <b>EXPER20</b>             |       |        |              |       |            |

**Deciding About Physical Activity**

Please rate how important each of these statements is in your decision whether or not to be physically active. In each case, rate how you think now, not how you have thought in the past or would like to think.

|   | Not at all important | Slightly important | Moderately important | Very important | Extremely important |
|---|----------------------|--------------------|----------------------|----------------|---------------------|
| 1. I think I would be too tired to do my daily work after being physically active. <b>IMPORT1</b>                                   |                      |                    |                      |                |                     |
| 2. I would sleep better if I was regularly physically active. <b>IMPORT2</b>  |                      |                    |                      |                |                     |
| 3. I would feel good about myself if I kept my promise to be more physically active. <b>IMPORT3</b>                                 |                      |                    |                      |                |                     |
| 4. I would find it hard to find a physical activity that I enjoy that is not affected by bad weather. <b>IMPORT4</b>                |                      |                    |                      |                |                     |
| 5. I would like my body better if I was regularly physically active. <b>IMPORT5</b>   |                      |                    |                      |                |                     |
| 6. It would be easier for me to do routine physical tasks if I was regularly physically active. <b>IMPORT6</b>                      |                      |                    |                      |                |                     |
| 7. I would feel less stressed if I was regularly physically active. <b>IMPORT7</b>  |                      |                    |                      |                |                     |
| 8. I feel uncomfortable when I engage in physical activity because I get out of breath and my heart beats very fast. <b>IMPORT8</b> |                      |                    |                      |                |                     |
| 9. I would feel more comfortable with my body if I was regularly physically active. <b>IMPORT9</b>                                  |                      |                    |                      |                |                     |

Acrostic:

|  | Not at all important | Slightly important | Moderately important | Very important | Extremely important |
|--|----------------------|--------------------|----------------------|----------------|---------------------|
| 10. Regular physical activity would take too much of my time.                              | IMPORT10             |                    |                      |                |                     |
| 11. I would have less time for my family and friends if I was regularly physically active. | IMPORT11             |                    |                      |                |                     |
| 12. At the end of the day, I am too exhausted to exercise.                                 | IMPORT12             |                    |                      |                |                     |

**Environment**

Please indicate below which items you have in your home, yard, or apartment complex.

|   | No       | Yes |
|---|----------|-----|
| 1. stationary aerobic equipment (e.g., cycle, rowing machine, treadmill, Nordictrac, stairmaster) | ENVIRO1  |     |
| 2. bicycle  | ENVIRO2  |     |
| 3. a dog you can walk   | ENVIRO3  |     |
| 4. trampoline for jogging in place  | ENVIRO4  |     |
| 5. running shoes  | ENVIRO5  |     |
| 6. swimming pool  | ENVIRO6  |     |
| 7. weight lifting equipment (e.g., free weights, Nautilus, Universal)                             | ENVIRO7  |     |
| 8. toning devices (e.g., heavy hands, ankle weights, dyna-bands, thighmaster)                     | ENVIRO8  |     |
| 9. aerobic workout videotapes or audio tapes  | ENVIRO9  |     |
| 10. step aerobics, slide aerobics   | ENVIRO10 |     |

Please turn to the next page.

Acrostic:

|  | No | Yes |
|--|----|-----|
| 11. skates (roller, in line, or ice) <b>ENVIRO11</b>   |    |     |
| 12. sports equipment (balls, racquets) <b>ENVIRO12</b> |    |     |
| 13. canoe, row boat, kayak <b>ENVIRO13</b>             |    |     |
| 14. skis (snow or water) <b>ENVIRO14</b>               |    |     |

Please indicate which of the following apply to your neighborhood.

|   | No | Yes |
|---|----|-----|
| 15 sidewalks <b>ENVIRO15</b>                                    |    |     |
| 16. heavy traffic <b>ENVIRO16</b>                               |    |     |
| 17. hills <b>ENVIRO17</b>                                       |    |     |
| 18. street lights <b>ENVIRO18</b>                               |    |     |
| 19. dogs that are unattended or roaming free <b>ENVIRO19</b>    |    |     |
| 20. enjoyable scenery <b>ENVIRO20</b>                           |    |     |
| 21. frequently see people walking or exercising <b>ENVIRO21</b> |    |     |
| 22. high crime <b>ENVIRO22</b>                                  |    |     |

23. Are you a member of a health club or gym? **ENVIRO23**  
 No       Yes

24. How safe do you feel walking in your neighborhood during the day? **ENVIRO24**  
 Very unsafe     Somewhat unsafe     Somewhat safe     Very safe

25. Is your neighborhood (please check one box): **ENVIRO25**  
 homes       mixed homes and businesses       mainly businesses

26. What is the household income in your neighborhood? **ENVIRO26**  
 low       medium       medium high       high

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|--|--|--|--|--|--|

**These questions have to do with work outside the home.**

27. Are there exercise facilities at your work? (e.g., workout room/gym, exercise equipment, walking path/PAR course)
- Yes       No       Not applicable
28. Are there regular exercise programs at your work? (e.g., aerobic classes, team sports, walking groups, etc.)
- Yes       No       Not applicable
29. Are there shower facilities at your work?
- Yes       No       Not applicable
30. Is an exercise specialist/activity coordinator available for employees at your work?
- Yes       No       Not applicable
31. Are there any policies at your work that encourage exercise or biking?
- Yes       No       Not applicable
32. Does your employer provide any paid time for you to exercise?
- Yes       No       Not applicable

*Please turn to the next page.*





**Social Support**

Below is a list of things people might do or say to someone who is trying to be physically active. If you are not trying to be physically active, then some of the questions may not apply to you. However, please read and give an answer to every question.

Please rate each question *twice*. Under "FAMILY", rate how often anyone living in your household has said or done what is described during the last week. Under "FRIENDS", rate how often your friends, acquaintances, or coworkers have said or done what is described during the last week.

Please use the scale below when rating each of the questions.

|                     |           |             |                  |            |                 |
|---------------------|-----------|-------------|------------------|------------|-----------------|
| 0<br>Does not apply | 1<br>None | 2<br>Rarely | 3<br>A few times | 4<br>Often | 5<br>Very often |
|---------------------|-----------|-------------|------------------|------------|-----------------|

During the last week, my family (or members of my household) or friends:

- |   |
|---|
| 1. Were physically active with me.  |
| 2. Offered to be physically active with me.   |
| 3. Gave me helpful reminders to be physically active ("Are you going for a walk?")                |
| 4. Gave me encouragement to become more physically active.  |
| 5. Changed their schedule so we could be physically active together.                              |
| 6. Discussed physical activity with me.   |
| 7. Complained about the time I spent being physically active.                                     |
| 8. Criticized me or made fun of me for being physically active.                                   |
| 9. Gave me rewards for being physically active (bought me something or gave me something I like). |

| FAMILY |   |         |   |   |   |
|--------|---|---------|---|---|---|
| 0      | 1 | 2       | 3 | 4 | 5 |
|        |   | FAMILY1 |   |   |   |
|        |   | FAMILY2 |   |   |   |
|        |   | FAMILY3 |   |   |   |
|        |   | FAMILY4 |   |   |   |
|        |   | FAMILY5 |   |   |   |
|        |   | FAMILY6 |   |   |   |
|        |   | FAMILY7 |   |   |   |
|        |   | FAMILY8 |   |   |   |
|        |   | FAMILY9 |   |   |   |

| FRIENDS |   |          |   |   |   |
|---------|---|----------|---|---|---|
| 0       | 1 | 2        | 3 | 4 | 5 |
|         |   | FRIENDS1 |   |   |   |
|         |   | FRIENDS2 |   |   |   |
|         |   | FRIENDS3 |   |   |   |
|         |   | FRIENDS4 |   |   |   |
|         |   | FRIENDS5 |   |   |   |
|         |   | FRIENDS6 |   |   |   |
|         |   | FRIENDS7 |   |   |   |
|         |   | FRIENDS8 |   |   |   |
|         |   | FRIENDS9 |   |   |   |

Acrostic:

Please use the scale below when rating each of the questions.

|                        |           |             |                  |            |                 |
|------------------------|-----------|-------------|------------------|------------|-----------------|
| 0<br>Does not<br>apply | 1<br>None | 2<br>Rarely | 3<br>A few times | 4<br>Often | 5<br>Very often |
|------------------------|-----------|-------------|------------------|------------|-----------------|

During the last week, my family (or members of my household) or friends:

|  |
|--|
| 10. Planned for physical activity on recreational outings.               |
| 11. Helped plan other activities around my physical activity.            |
| 12. Asked me for ideas on how <i>they</i> can be more physically active. |
| 13. Talked about how much they liked being physically active.            |

| FAMILY |   |   |   |   |   |
|--------|---|---|---|---|---|
| 0      | 1 | 2 | 3 | 4 | 5 |
|        |   |   |   |   |   |
|        |   |   |   |   |   |
|        |   |   |   |   |   |
|        |   |   |   |   |   |

| FRIENDS |   |   |   |   |   |
|---------|---|---|---|---|---|
| 0       | 1 | 2 | 3 | 4 | 5 |
|         |   |   |   |   |   |
|         |   |   |   |   |   |
|         |   |   |   |   |   |
|         |   |   |   |   |   |

Please answer each question below, by marking "Yes" or "No". Answer the questions for hard or very hard activity then answer the questions about moderate activity.

Hard or very hard physical activity or exercise includes hard activities such as jogging, aerobics, swimming, and biking. For hard or very hard activity to be regular, it must last at least 20 minutes each time, and be done at least 3 days per week.

|   | No    | Yes |
|---|-------|-----|
| 1. I currently participate in <u>hard or very hard</u> physical activity.   | HARD1 |     |
| 2. I intend to increase my participation in <u>hard or very hard</u> physical activity in the next 6 months.                      | HARD2 |     |
| 3. I currently participate in <u>regular</u> hard or very hard physical activity.   | HARD3 |     |
| 4. I have been participating in <u>hard or very hard</u> physical activity <u>regularly</u> for the past 6 months.                | HARD4 |     |
| 5. In the past, I have been <u>regularly</u> physically active in hard or very hard activities for a period of at least 3 months. | HARD5 |     |

Please turn to the next page.

Acrostic: 

|  |  |  |  |  |
|--|--|--|--|--|
|  |  |  |  |  |
|--|--|--|--|--|

**Moderate** physical activity or exercise includes such activities as brisk walking, gardening, and heavy housecleaning. For moderate activity to be **regular** it must add up to a total of 30 or more minutes per day, and be done at least 5 days per week. For example, you could take a 30 minute walk or take a 10 minute walk, rake leaves for 10 minutes, and mop the floor for 10 minutes.

|  | No   | Yes |
|--|------|-----|
| 1. I currently participate in <b>moderate</b> physical activity.   | MOD1 |     |
| 2. I intend to increase my participation in moderate physical activity in the next 6 months.                             | MOD2 |     |
| 3. I currently participate in <b>regular</b> moderate physical activity.   | MOD3 |     |
| 4. I have been participating in moderate physical activity <b>regularly</b> for the past 6 months.                       | MOD4 |     |
| 5. In the past, I have been <b>regularly</b> physically active in moderate activities for a period of at least 3 months. | MOD5 |     |

**Thank you!**

**EXTRA VARIABLES – SUMMARIES**

- BARRIERS – Self-Efficacy: Barriers
- WALK – Self-Efficacy: Performance
- MNSC – Process of Change: Remind Yourself
- MNSEL – Process of Change: Commit Yourself
- MNSOL – Process of Change: Increase Healthy Alter
- MNDR – Process of Change: Warnings of Risk
- MNHR – Process of Change: Enlist Social Support
- MNRM – Process of Change: Reward Yourself
- MNER – Process of Change: Care about Consequence
- MNSR – Process of Change: Comprehend Benefits
- MNCC – Process of Change: Substitute Alternative
- CONPRO – Decisional Balance
- ENFIRO – Aids in the Environment
- FAMINV – Participation/Involvement
- FAMRP – Family Reward/Punishment
- EXERTOG – Exercising Together
- NEIGH – Neighborhood
- EXERWORK – Exercising at Work