

Exercise Motivation Inventory-2

Please read the statements carefully and circle the appropriate number that reflects whether each statement is true for you personally or would be true if you exercised. Use '0' if the statement is not true for you at all and '5' if it is very true. For partly true statements, choose '1', '2', '3', or '4' based on your feelings.

To stay slim

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To avoid ill-health

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Because it makes me feel good

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To help me look younger

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To show my worth to others

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To give me space to think

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To have a healthy body

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To build up my strength

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Because I enjoy the feeling of exerting myself

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To spend time with friends

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Because my doctor advised me to exercise

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Because I like trying to win in physical activities

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To stay/become more agile

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

To give me goals to work towards

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To lose weight

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To prevent health problems

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I find exercise invigorating

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To have a good body

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To compare my abilities with other peoples'

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because it helps to reduce tension

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I want to maintain good health

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To increase my endurance

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I find exercising satisfying in and of itself

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To enjoy the social aspects of exercising

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To help prevent an illness that runs in my family

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I enjoy competing

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To maintain flexibility

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To give me personal challenges to face

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To help control my weight

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To avoid heart disease

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To recharge my batteries

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To improve my appearance

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To gain recognition for my accomplishments

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To help manage stress

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To feel more healthy

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To get stronger

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

For enjoyment of the experience of exercising

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To have fun being active with other people

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To help recover from an illness/injury

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I enjoy physical competition

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To stay/become flexible

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To develop personal skills

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because exercise helps me to burn calories

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To look more attractive

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To accomplish things that others are incapable of

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To release tension

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To develop my muscles

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I feel at my best when exercising

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To make new friends

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

Because I find physical activities fun, especially when competition is involved

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5

To measure myself against personal standards

☐ ☐ ☐ ☐ ☐ ☐

0 1 2 3 4 5