

RM 4–FM: Motivation for Physical Activity and Exercise/ Working Out—Questionnaires*



Motivation for Physical Activity*

People are active regularly for a variety of reasons. Using the rating scale provided below, please indicate how true each of the following reasons is for why you are, or would like to be, active regularly.

Rating Scale	1	2	3	4	5	6	7
	not at all true			somewhat true			very true

I try, or would like to try, to be physically active regularly	Rating
1. because I would feel bad about myself if I did not	
2. because others would be angry at me if I did not	
3. because I enjoy physical activities	
4. because I would feel like a failure if I did not	
5. because I feel as if it's the best way to help myself	
6. because people would think I'm a weak person if I did not	
7. because I feel as if I have no choice about being active; others make me do it	
8. because it is a challenge to accomplish my goal	
9. because I believe physical activity helps me feel better	
10. because it's fun	
11. because I worry that I would get into trouble with others if I did not	
12. because it feels important to me personally to accomplish this goal	
13. because I feel guilty if I am not regularly active	
14. because I want others to acknowledge that I am doing what I have been told I should do	
15. because it is interesting to see my own improvement	
16. because feeling healthier is an important value for me	

Example	
Extrinsically Motivated	Intrinsically Motivated
2	6
6	2
3	7
6	2
3	5
7	1
6	1
2	6
3	6
3	6
6	2
3	5
5	5
6	2
3	6
3	7

External Regulation: Questions 2, 7, 11, 14	
Introjected Regulation: Questions 1, 4, 6, 13	
Identified Regulation: Questions 5, 9, 12, 16	
Intrinsic Motivation: Questions 3, 8, 10, 15	
Relative Autonomy Index	

6.0	1.8
5.0	3.5
3.0	5.8
2.8	6.3
-8.5	11.3

Autonomy index indicates the relative impact of intrinsic and extrinsic factors in your motivation to be active.

- Negative numbers reflect that you are extrinsically motivated for change; that is, external factors are important in regulating your behaviour.
- Positive numbers reflect that intrinsic motivation is primarily involved in your behaviour.

Continued

* Source: Deci, Edward L., and Richard M. Ryan. "Exercise Self-Regulation Questionnaires." *Self-Determination Theory: An Approach to Human Motivation and Personality—The Self-Regulation Questionnaires*. 2004. <www.psych.rochester.edu/SDT/measures/selfreg_exer.html>. Adapted with permission.

RM 4–FM: Motivation for Physical Activity and Exercise/ Working Out—Questionnaires* (Continued)



Motivation for Exercise/Working Out*

People exercise/work out for a variety of reasons. Using the rating scale provided below, please indicate how true each of the following reasons is for why you work out or would like to work out.

Rating Scale	1	2	3	4	5	6	7
	not at all true			somewhat true			very true

I exercise/work out (or would like to work out)	Rating
1. because I simply enjoy working out	
2. because working out is important and beneficial for my health and lifestyle	
3. because I would feel bad about myself if I didn't do it	
4. because it is fun and interesting	
5. because others like me better when I am in shape	
6. because I'd be afraid of falling too far out of shape if I didn't	
7. because it helps my image	
8. because it is personally important to me to work out	
9. because I feel pressured to work out	
10. because I have a strong value for being active and healthy	
11. because I find pleasure in discovering and mastering new training techniques	
12. because I want others to see me as physically fit	

Example	
Extrinsically Motivated	Intrinsically Motivated
2	7
2	6
4	4
2	6
5	2
2	3
5	2
2	6
5	2
2	7
2	6
6	3

External Regulation: 5, 7, 12	
Introjected Regulation: 3, 6, 9	
Identified Regulation: 2, 8, 10	
Intrinsic Motivation: 1, 4, 11	
Relative Autonomy Index	

5.3	2.3
3.7	3.0
2.0	6.3
2.0	6.3
-8.3	11.3

Autonomy index indicates the relative impact of intrinsic and extrinsic factors in your motivation to be active.

- Negative numbers reflect that you are extrinsically motivated for change; that is, external factors are important in regulating your behaviour.
- Positive numbers reflect that intrinsic motivation is primarily involved in your behaviour.

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