

EXERCISE SELF-EFFICACY

Please tell us how confident you are with regard to carrying out regular physical activities and exercise.

(Please check only one box for each question)

I am confident that	Not at all True	Rarely True	Moderately True	Always True
I can overcome barriers and challenges with regard to physical activity and exercise if I try hard enough	1	2	3	4
I can find means and ways to be physically active and exercise	1	2	3	4
I can accomplish my physical activity and exercise goals that I set	1	2	3	4
when I am confronted with a barrier to physical activity or exercise I can find several solutions to overcome this barrier	1	2	3	4
I can be physically active or exercise even when I am tired	1	2	3	4
I can be physically active or exercise even when I am feeling depressed	1	2	3	4
I can be physically active or exercise even without the support of my family or friends	1	2	3	4
I can be physically active or exercise without the help of a therapist or trainer	1	2	3	4
I can motivate myself to start being physically active or exercising again after I've stopped for a while	1	2	3	4
I can be physically active or exercise even if I had no access to a gym, exercise, training, or rehabilitation facility	1	2	3	4