



## Motives for Physical Activities Measure—Revised (MPAM-R) *(continued)*

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### Scoring Information

Interest/enjoyment: 2, 7, 11, 18, 22, 26, 29

Competence: 3, 4, 8, 9, 12, 14, 25

Appearance: 5, 10, 17, 20, 24, 27

Fitness: 1, 13, 16, 19, 23

Social: 6, 15, 21, 28, 30