

Self-Efficacy for Distance Walking *(continued)*

8. 2 miles (8 laps) in 32 minutes.

0 **10** **20** **30** **40** **50** **60** **70** **80** **90** **100**

Not at all Confident

Moderately Confident

Highly Confident

(continued)

Self-Efficacy for Distance Walking *(continued)*

Scoring Information

Self-efficacy for distance walking is a measure of participants' beliefs in their physical capability to complete incremental quarter-mile distances within 4-minute intervals. For each item, participants indicate their confidence to execute the behavior on a 100-point percentage scale composed of 10-point increments ranging from 0% (not at all confident) to 100% (highly confident). Total strength for each measure of self-efficacy is then calculated by summing the confidence ratings and dividing by the total number of items in the scale, resulting in a maximum possible efficacy score of 100.