## Self-Efficacy for Distance Walking

Using the scale provided, please indicate how confident you are that you can carry out each of the following activities. I believe that I can walk or jog ...

1. 0.25 mile ( 1 lap of a track) in 4 minutes.

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

2. 0.5 mile (2 laps) in 8 minutes.

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Not at all Confident |  | Moderately Confident |  |  | Highly Confident |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| 3. 0.75 mile (3 laps) in 12 minutes. |  |  |  |  |  |  |  |  |  |
| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| Not at all Confident |  |  |  |  |  |  |  |  |  |

4. 1 mile (4 laps) in 16 minutes.

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

5. 1.25 miles ( 5 laps) in 20 minutes.

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

6. 1.5 miles ( 6 laps) in 24 minutes.

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |

7. 1.75 miles ( 7 laps) in 28 minutes.

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |$\quad 100$

## Self-Efficacy for Distance Walking (continued)

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

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 |
| :--- | ---: | ---: | ---: | ---: | ---: | ---: | ---: | ---: | ---: |
| Not at all Confident |  |  | Moderately Confident |  |  | Highly Confident |  |  |  |

## 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.

