

## Exercise Self-Efficacy Scale

The following items assess your beliefs in your future ability to exercise 3 times per week at moderate intensities (e.g., hard enough to increase your heart rate and breathing rate) for **40+** minutes per session. Using the following scales, please indicate how confident you are that you will be able to exercise in the future. Remember to answer honestly and accurately. There are no right or wrong answers.

### Example

If you have complete confidence that you could exercise 3 times per week at moderate intensity for **40+** minutes for the next 4 months without quitting, you would **circle 100**. However, if you had **no confidence** at all that you could exercise for the next 4 months without quitting (that is, confidence you would **not** exercise), you would **circle 0**.

0	10	20	30	40	50	60	70	80	90	100
<b>Not at all Confident</b>			<b>Moderately Confident</b>				<b>Highly Confident</b>			

**1.** I am able to exercise 3 times per week at moderate intensity for 40+ minutes without quitting for the next month.

0	10	20	30	40	50	60	70	80	90	100
<b>Not at all Confident</b>			<b>Moderately Confident</b>				<b>Highly Confident</b>			

**2.** I am able to exercise 3 times per week at moderate intensity for 40+ minutes without quitting for the next 2 months.

0	10	20	30	40	50	60	70	80	90	100
<b>Not at all Confident</b>			<b>Moderately Confident</b>				<b>Highly Confident</b>			

**3.** I am able to exercise 3 times per week at moderate intensity for 40+ minutes without quitting for the **next 3 months**.

0	10	20	30	40	50	60	70	80	90	100
<b>Not at all Confident</b>			<b>Moderately Confident</b>				<b>Highly Confident</b>			

**4.** I am able to exercise 3 times per week at moderate intensity for 40+ minutes without quitting for the **next 4 months**.

0	10	20	30	40	50	60	70	80	90	100
<b>Not at all Confident</b>			<b>Moderately Confident</b>				<b>Highly Confident</b>			

**5.** I am able to exercise 3 times per week at moderate intensity for 40+ minutes without quitting for the **next 5 months**.

0	10	20	30	40	50	60	70	80	90	100
<b>Not at all Confident</b>			<b>Moderately Confident</b>				<b>Highly Confident</b>			

*(continued)*

**Exercise Self-Efficacy Scale** *(continued)*

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**6.** I am able to exercise 3 times per week at moderate intensity for 40+ minutes without quitting for the **next 6 months.**

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident			Moderately Confident					Highly Confident		

*(continued)*

## Exercise Self-Efficacy Scale *(continued)*

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### Scoring Information

Exercise self-efficacy is a measure of an individual's beliefs in ability to continue exercising on a 3-time-per-week basis at moderate intensities for 40+ minutes per session. 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.