

## Exercise Regulations Questionnaire (BREQ-2)

Age: \_\_\_\_\_ years

Sex: male female (please circle)

### Why Do You Engage in Exercise?

Using the following scale, please indicate to what extent each of the following items is true for you. Note that there are no right or wrong answers and no trick questions. We simply want to know how you feel about exercise. Your responses will be held in confidence and used only for our research purposes.

	Not true for me		Sometimes true for me		Very true for me
1. I exercise because other people say I should.	0	1	2	3	4
2. I feel guilty when I don't exercise.	0	1	2	3	4
3. I value the benefits of exercise.	0	1	2	3	4
4. I exercise because it's fun.	0	1	2	3	4
5. I don't see why I should have to exercise.	0	1	2	3	4
6. I take part in exercise because my friends/family/partner say I should.	0	1	2	3	4
7. I feel ashamed when I miss an exercise session.	0	1	2	3	4
8. It's important to me to exercise regularly.	0	1	2	3	4
9. I can't see why I should bother exercising.	0	1	2	3	4
10. I enjoy my exercise sessions.	0	1	2	3	4
11. I exercise because others will not be pleased with me if I don't.	0	1	2	3	4
12. I don't see the point in exercising.	0	1	2	3	4
13. I feel like a failure when I haven't exercised in a while.	0	1	2	3	4
14. I think it is important to make the effort to exercise regularly.	0	1	2	3	4
15. I find exercise a pleasurable activity.	0	1	2	3	4
16. I feel under pressure from my friends or family to exercise.	0	1	2	3	4
17. I get restless if I don't exercise regularly.	0	1	2	3	4
18. I get pleasure and satisfaction from participating in exercise.	0	1	2	3	4
19. I think exercising is a waste of time.	0	1	2	3	4

### Scoring

In order to use the BREQ-2 as multidimensional scales, simply calculate the mean scores for each set of the following items.

Amotivation	5	9	12	19
External regulation	1	6	11	16
Introjected regulation	2	7	13	
Identified regulation	3	8	14	17
Intrinsic regulation	4	10	15	18

From G. Tenenbaum, R. Eklund, and A. Kamata, 2012, *Measurement in sport and exercise psychology web resource* (Champaign, IL: Human Kinetics). Reprinted, by permission, from D.A. Markland and V. Tobin, 2004, "A modification to the behavioural regulation in exercise questionnaire to include an assessment of amotivation," *Journal of Sport and Exercise Psychology* 26: 191-196.