

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

The following is a list of reasons why people engage in physical activities, sports, and exercise. Keeping in mind your primary physical activity or sport, respond to each statement (using the scale given) on the basis of how true that response is for you.

1	2	3	4	5	6	7
Not at all true for me				Very true for me		
_____	1. Because I want to be physically fit.					
_____	2. Because it's fun.					
_____	3. Because I like engaging in activities that physically challenge me.					
_____	4. Because I want to obtain new skills.					
_____	5. Because I want to lose or maintain weight so I look better.					
_____	6. Because I want to be with my friends.					
_____	7. Because I like to do this activity.					
_____	8. Because I want to improve existing skills.					
_____	9. Because I like the challenge.					
_____	10. Because I want to define my muscles so I look better.					
_____	11. Because it makes me happy.					
_____	12. Because I want to keep up my current skill level.					
_____	13. Because I want to have more energy.					
_____	14. Because I like activities that are physically challenging.					
_____	15. Because I like to be with others who are interested in this activity.					
_____	16. Because I want to improve my cardiovascular fitness.					
_____	17. Because I want to improve my appearance.					
_____	18. Because I think it's interesting.					
_____	19. Because I want to maintain my physical strength to live a healthy life.					
_____	20. Because I want to be attractive to others.					
_____	21. Because I want to meet new people.					
_____	22. Because I enjoy this activity.					
_____	23. Because I want to maintain my physical health and well-being.					
_____	24. Because I want to improve my body shape.					
_____	25. Because I want to get better at my activity.					
_____	26. Because I find this activity stimulating.					
_____	27. Because I will feel physically unattractive if I don't.					
_____	28. Because my friends want me to.					
_____	29. Because I like the excitement of participation.					
_____	30. Because I enjoy spending time with others doing this activity.					

(continued)

## **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