

Self-efficacy For Exercise (SEE) Scale

How confident are you right now that you could exercise three times per week for 20 minutes if:

	Not Confident					Very Confident					
1. The weather was bothering you	0	1	2	3	4	5	6	7	8	9	10
2. You were bored by the program or activity	0	1	2	3	4	5	6	7	8	9	10
3. You felt pain when exercising	0	1	2	3	4	5	6	7	8	9	10
4. You had to exercise alone	0	1	2	3	4	5	6	7	8	9	10
5. You did not enjoy it	0	1	2	3	4	5	6	7	8	9	10
6. You were too busy with other activities	0	1	2	3	4	5	6	7	8	9	10
7. You felt tired	0	1	2	3	4	5	6	7	8	9	10
8. You felt stressed	0	1	2	3	4	5	6	7	8	9	10
9. You felt depressed	0	1	2	3	4	5	6	7	8	9	10

"Exercise" refers to physical activities that you experience as somewhat strenuous and that make you breathe harder than normal.