

	Strongly Disagree	Slightly Disagree	Disagree	Agree	Slightly Agree	Strongly Agree
1. Exercise is the most important thing in my life.	1	2	3	4	5	6
2. My family and/or partner are concerned about my amount of exercise.	1	2	3	4	5	6
3. I use exercise to change my mood (e.g., to get a kick or escape).	1	2	3	4	5	6
4. I constantly increase my daily exercise	1	2	3	4	5	6
5. If I miss a workout, I become restless, irritable, or sad.	1	2	3	4	5	6
6. Even if I cut back on my exercise, I still end up exercising as often as before	1	2	3	4	5	6
7. I feel guilt if I miss a planned workout or if my exercise doesn't go as well as planned.	1	2	3	4	5	6
8. I am inclined to exercise when I am (or before I have fully recovered from) illness or injuries.	1	2	3	4	5	6