This is a survey for a sociology project. Please answer the questions as accurately as possible. Your responses are confidential. We appreciate your help in this project.

1. How important is physical fitness to you? Why?
   
   V. imp = 5
   2. not imp = 1
   3. Somewhat imp = 4
   4. Only a little imp = 3

   Please record your degree of agreement with each of statements 2-7:

2. Exercising more than three times a week is necessary for a healthy lifestyle.
   
   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree

   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree

3. People who exercise regularly feel better about themselves than people who do not exercise regularly.
   
   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree

4. People who exercise regularly tend to have fewer health problems.
   
   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree

5. I am satisfied with the amount of exercise I perform per week.
   
   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree

6. I disapprove of those who choose not to include regular exercise in their weekly routine.
   
   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree

7. I often encourage others to exercise.
   
   Strongly Agree Somewhat Agree Neutral Agree Somewhat Disagree Strongly Disagree
8. How do you feel about yourself while exercising?
   
   1. I have a more negative attitude about myself while exercising.
   
   2. My attitude about myself is unaffected while I exercise.
   
   3. I have a more positive attitude about myself while exercising.

9. In the coming year I plan to exercise (choose from below) than I do now.

   Much 1  Somewhat 2  Same 3  Somewhat 4  Much 5
   Less   Less   Less   More   More

10. Ideally, I would like to exercise (circle below) times per week.

   0  1  2  3  4  5  6  7  more than 7

11. Last week, how many times did you exercise for 30 minutes or more?

   0  1  2  3  4  5  6  7  more than 7

12. What is the most times per week you exercised for 30 minutes or more in the last month?

   0  1  2  3  4  5  6  7  more than 7

13. What is the most times per week you exercised for 30 minutes or more in the last five years?

   0  1  2  3  4  5  6  7  more than 7

14. What is your gender? (please circle) Male  Female

15. What is your age?

16. What is your year in school?  1  2  3  4  5+  6

17. What is your major? __________

18. How many credits are you taking this semester? 

19. How many hours do you work per week?

   Don't work 6  1-5 hours 5  6-10 4  11-15 3  15-20 2  20+ 1