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.

open 1   1. How important is physical fitness to you? Why?

v. imp = 5   not important = 2

only a little bit imp = 3   somewhat imp = 4

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

life 2   2. Exercising more than three times a week is necessary for a healthy lifestyle.

Strongly Agree ___5   Somewhat Agree ___4   Neutral ___3   Somewhat Disagree ___2   Strongly Disagree ___1

feel 3   3. People who exercise regularly feel better about themselves than people who do not exercise regularly.

Strongly Agree ___5   Somewhat Agree ___4   Neutral ___3   Somewhat Disagree ___2   Strongly Disagree ___1

health 4   4. People who exercise regularly tend to have fewer health problems.

Strongly Agree ___5   Somewhat Agree ___4   Neutral ___3   Somewhat Disagree ___2   Strongly Disagree ___1

satis 5   5. I am satisfied with the amount of exercise I perform per week.

Strongly Agree ___1   Somewhat Agree ___2   Neutral ___3   Somewhat Disagree ___4   Strongly Disagree ___5

dis 6   6. I disapprove of those who choose not to include regular exercise in their weekly routine.

Strongly Agree ___5   Somewhat Agree ___4   Neutral ___3   Somewhat Disagree ___2   Strongly Disagree ___1

enc 7   7. I often encourage others to exercise.

Strongly Agree ___5   Somewhat Agree ___4   Neutral ___3   Somewhat Disagree ___2   Strongly Disagree ___1

you 8 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.

plan 9 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   More   More

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

0   1   2   3   4   5   6   7   more than 7 (8)

week 11 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 (8)

month 12 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 (8)

year 13 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 (8)

gender 14 14. What is your gender? (*please circle*)   Male (1)   Female (2)

age 15 15. What is your age?   #

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

1 Business
2 Education
3 L & S
4 Engineering
5 Graduate
.6 other

major 17 17. What is your major?   _____

credit 18 18. How many credits are you taking this semester?   #

work 19 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__

GROUP #3

Example Summary Sheet (does not have to be on spread sheet like this one)

ID #	WEEK11	MONTH	YEAR13	LIFE2	FEEL3	HEALTH	SATIS5	DIS6	ENC7	YOUR8	PLAN9	IDEAL10	SUM DV	OPEN	GENDE	AGE15	SCHOO	MAJOR1	CREDIT	WORK1
	Independent Variable			Dependent Variable											Control					
301	0	1	7	4	5	3	4	1	1	3	3	4	28	2	2	21	4	3	12	2
302	3	3	5	4	4	4	3	1	4	3	4	5	32	1	2	20	3	1	15	6
303	1	2	7	4	4	5	4	1	1	2	4	4	29	4	1	21	2	6	19	6
304	5	5	8	5	4	4	2	1	4	3	4	6	33	5	2	21	3	3	16	6
305	5	6	8	5	5	5	1	5	5	3	3	6	38	5	2	22	4	3	16	1.5
306	4	7	7	5	5	5	1	3	5	3	5	6	38	5	2	18	1	1	15	6
307	6	7	8	5	4	4	1	2	5	3	4	6	34	5	2	18	1	3	17	6
308	7	6	6	5	5	4	2	4	4	1	4	7	39	5	2	18	1	1	13	6
309	2	2	8	4	4	4	5	1	3	1	5	4	31	5	2	21	3	3	14	2
310	0	2	5	3	2	5	4	3	3	3	5	4	32	4	2	22	5	3	12	2

SPSS syntax file

```
COMPUTE sum = life2 + feel3 + health4 + satis5 + dis6 + enc7 + your8 + plan9
 + ideal10 .
EXECUTE .
compute check = sumdv - sum.
execute.
list.
FREQUENCIES
 VARIABLES=week11 month12 year13 life2 feel3 health4 satis5 dis6 enc7 your8
 plan9 ideal10 gender14 school16 major17 credit18 work19 sumdv sum open1 check
 /STATISTICS=MEAN
 /ORDER  ANALYSIS .
EXECUTE .
COMMENT  You will run the analyses up to this point.  I run the rest.
RELIABILITY
 /VARIABLES=life2 feel3 health4 satis5 dis6 enc7 your8 plan9 ideal10
 /FORMAT=NOLABELS
 /SCALE(ALPHA)=ALL/MODEL=ALPHA
 /STATISTICS=SCALE CORR
 /SUMMARY=TOTAL .
RECODE
 open1
 (4=4) (5=5) (1 thru 3=3) INTO  opencat .
EXECUTE.
MEANS
 TABLES=sum  BY OPEN1 opencat
 /CELLS MEAN COUNT STDDEV
 /STATISTICS ANOVA .
CORRELATIONS
 /VARIABLES=week11 month12 year13 credit18 sum
 /PRINT=TWOTAIL NOSIG
 /MISSING=PAIRWISE .
RECODE
 school16
 (3=3) (1 thru 2=1) (4 thru 5=5) INTO  sch16cat .
RECODE
 work19
 (1 thru 2=1) (4 thru 6=2) INTO  wrk19cat .
EXECUTE .
MEANS
 TABLES=sum  BY gender14 sch16cat wrk19cat
 /CELLS MEAN COUNT STDDEV
 /STATISTICS ANOVA .
RECODE
 week11
 (0 thru 1=1) (2 thru 3=2) (4 thru 7=3) INTO  week11ct .
RECODE
 month12
 (0 thru 2=1) (3 thru 4=2) (5 thru 7=3) INTO  mnth12ct .
RECODE
 year13
 (7=2) (8=3) (3 thru 6=1) INTO  year13ct .
RECODE
 credit18
 (10 thru 13=1) (14 thru 15=2) (16 thru 20=3) INTO  crdt18ct .
EXECUTE .
CROSSTABS
 /TABLES=opencat  BYweek11ct mnth12ct year13ct  gender14 sch16cat crdt18ct wrk19cat
 /FORMAT= AVALUE TABLES
 /STATISTIC=CHISQ
 /CELLS= COUNT COLUMN .
```