1. I have the PHYSICAL opportunity to *do enough physical activity for improvement to my health*

What is PHYSICAL opportunity?
The environment provides the opportunity to engage in the activity concerned.
(e.g., sufficient time, the necessary materials, reminders)

Please rate

Strongly disagree									Strongly Agree
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2. I have the SOCIAL opportunity *to do enough physical activity for improvement to my health*

What is SOCIAL opportunity?

Interpersonal influences, social cues and cultural norms provide the opportunity to engage in the activity concerned

(e.g., support from friends and family)

Please rate

Strongly disagree									Strongly Agree
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

3. I am motivated to *do enough physical activity for improvement to my health*

What is motivation?
Conscious planning and evaluations (beliefs about what is good and bad)
(e.g., I have the desire to, I feel the need to)

Please rate

Strongly disagree									Strongly Agree
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

4. *Physical activity for improvement to my health* is something that I do automatically.

Automatic motivation involves doing something without thinking or having to consciously remember
(e.g., 'is something I do before I realise I'm doing it')

Please rate

Strongly disagree									Strongly Agree
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

5. I am PHYSICALLY able to *do enough physical activity for improvement to my health*.

What is PHYSICAL capability?

Having the physical skill, strength or stamina to engage in the activity concerned.

(e.g., I have sufficient physical stamina, I can overcome disability, I have sufficient physical skills)

Please rate

Strongly disagree									Strongly Agree
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

6. I am PSYCHOLOGICALLY able to *do enough physical activity for improvement to my health*.

What is PSYCHOLOGICAL capability?

Knowledge and/or psychological skills, strength or stamina to engage in the necessary thought processes for the activity concerned.

(e.g., having the knowledge, cognitive and interpersonal skills, having the ability to engage in appropriate memory, attention and decision making processes).

Please rate

Strongly disagree									Strongly Agree
1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐