

Barriers to Being Active Quiz

Directions: Listed below are common reasons people give to describe why they don't get as much physical activity as they think they should. Please read each statement and rate how likely you are to say each of the following statements.

Rating scale: 3 – very likely, 2 – somewhat likely, 1 – somewhat unlikely, 0 – very unlikely

	How likely are you to say?	Rate how likely you are for each statement.
1	I don't think I can make the time to include physical activity in my regular schedule.	
2	My family and friends don't like to do anything active, so I don't have a chance to exercise.	
3	I'm just too tired after work to get any exercise.	
4	I've been thinking about getting more exercise, but I just can't seem to get started.	
5	I'm getting older so exercise can be risky.	
6	I don't get enough exercise because I've never learned the skills for any sport.	
7	I don't have access to jogging trails, swimming pools, bike paths, etc.	
8	Physical activity takes too much time away from other commitments—time, work, family, etc.	
9	I'm embarrassed about how I'll look when I exercise with others.	
10	I don't get enough sleep as it is. I couldn't get up early or stay up late to get some exercise.	
11	It's easier for me to find excuses not to exercise than to go out to do something.	
12	I know of too many people who have hurt themselves by overdoing it with exercise.	
13	I really can't see learning a new sport at my age.	
14	It's just too expensive. You must take a class or join a club or buy the right equipment.	
15	My free times during the day are too short to include exercise.	
16	My usual social activities with family or friends don't include physical activity.	
17	I'm too tired during the week and I need the weekend to catch up on my rest.	
18	I want to get more exercise, but I can't seem to make myself stick to anything.	
19	I'm afraid I might injure myself or have a heart attack.	
20	I'm not good enough at any physical activity to make it fun.	
21	If I had resources available to workout from anywhere, I would be more likely to exercise.	

