

# Behavioral Regulation in Exercise Questionnaire (BREQ-3)

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

## Purpose of this questionnaire

This questionnaire helps assess an individual's motivation and behavioral regulation related to exercise. The information gathered can guide personalized health and wellness plans, including physical activity interventions.

Please read each statement carefully and indicate how true each statement is for you using the scale provided below.

## Instructions

Tick the number that best reflects your response to each statement.

Statement	0 Not true for me	1	2 Sometimes true for me	3	4 Very true for me
1. It's important to me to exercise regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I don't see why I should have to exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I exercise because it's fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel guilty when I don't exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I exercise because it is consistent with my life goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I exercise because other people say I should.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I value benefits of exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I can't see why I should bother exercising.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I enjoy my exercise sessions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I feel ashamed when I miss an exercise session.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I consider exercise part of my identity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I take part in exercise because my friends/family/partner say I should.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I think it is important to make the effort to exercise regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Statement	0 Not true for me	1	2 Sometimes true for me	3	4 Very true for me
14. I don't see the point in exercising.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I find exercise a pleasurable activity.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I feel like a failure when I haven't exercised in a while.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I consider exercise a fundamental part of who I am.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I exercise because others will not be pleased with me if I don't.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I get restless if I don't exercise regularly.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I think exercising is a waste of time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I get pleasure and satisfaction from participating in exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I would feel bad about myself if I was not making time to exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I consider exercise consistent with my values.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I feel under pressure from my friends/family to exercise.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**Total score:** \_\_\_\_\_

## Scoring

- The BREQ-3 uses a 5-point Likert scale, where 0 means "not true for me" and 4 means "very true for me"
- The questionnaire includes six subscales: Amotivation, External Regulation, Introjected Regulation, Identified Regulation, Integrated Regulation, and Intrinsic Motivation.
- Each subscale score is calculated by averaging the scores of the items within that subscale. For example, if a subscale has four items, you add the scores of those items and divide by 4 to get the average score for that subscale

## Interpretation

- Higher scores on each subscale indicate a greater presence of that type of motivation.
- For instance, a higher score on intrinsic motivation suggests that the individual enjoys exercising for its inherent pleasure.

## Findings and observations

## Additional notes

## Healthcare professional information

Name: \_\_\_\_\_ License ID: \_\_\_\_\_

Signature: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

## References

Markland, D., & Tobin, V. (2004). A modification to the Behavioural Regulation in Exercise Questionnaire to include an assessment of amotivation. *Journal of Sport and Exercise Psychology*, 26(2), 191–196. <https://doi.org/10.1123/jsep.26.2.191>

Prifysgol Bangor University. (n.d.). *Exercise Regulations Questionnaire (BREQ-3)*. <http://exercise-motivation.bangor.ac.uk/downloads/breq-3.pdf>

Wilson, P., Rogers, W., Rodgers, W., & Wild, T. (2006). The Psychological Need Satisfaction in Exercise Scale. *Journal of Sport and Exercise Psychology*, 28(3), 231–251. <https://doi.org/10.1123/jsep.28.3.231>