

# Behavioral Regulation in Exercise Questionnaire

## Client Information:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Assessment: \_\_\_\_\_

Please rate the following statements based on how much you agree or disagree with each statement. Use the following scale:

**1 - Strongly Disagree**

**2 - Disagree**

**3 - Neutral**

**4 - Agree**

**5 - Strongly Agree**

## Intrinsic Motivation

| Rating                | Statement  |
|-----------------------|--|
|                       | 1. I engage in exercise because it brings me joy and pleasure.                   |
|                       | 2. I find exercise to be inherently satisfying and enjoyable.                    |
|                       | 3. I exercise because it gives me a sense of accomplishment and personal growth. |
|                       | 4. I am motivated to exercise because it aligns with my values and beliefs.      |
|                       | 5. I engage in exercise because it allows me to express my creativity.           |
| <b>Average Score:</b> |  |

## Identified Regulation

| Rating                | Statement   |
|-----------------------|---|
|                       | 1. I exercise because it is important for my overall health and well-being.               |
|                       | 2. I see exercise as a way to achieve my personal goals and aspirations.                  |
|                       | 3. I exercise because it helps me feel more confident and empowered.                      |
|                       | 4. I engage in exercise because I value its benefits for my physical appearance.          |
|                       | 5. I am motivated to exercise because I have consciously decided to prioritize my health. |
| <b>Average Score:</b> |   |

## Introjected Regulation

| Rating                | Statement   |
|-----------------------|---|
|                       | 1. I feel guilty or ashamed if I miss a workout.  |
|                       | 2. I exercise because I feel pressure from others to do so.                                     |
|                       | 3. I engage in exercise to avoid feelings of guilt or shame.                                    |
|                       | 4. I feel obligated to exercise, even if I don't particularly enjoy it.                         |
|                       | 5. I exercise because I fear the consequences of not doing so (e.g., weight gain, poor health). |
| <b>Average Score:</b> |   |

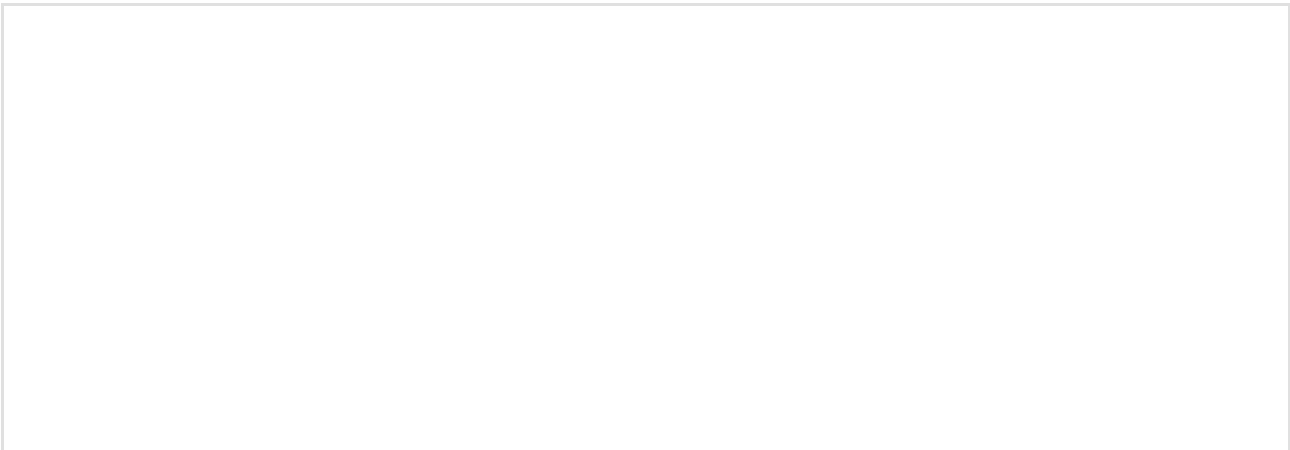
## External Regulation

| Rating                | Statement  |
|-----------------------|--|
|                       | 1. I only exercise because someone else tells me to.                         |
|                       | 2. I engage in exercise solely to please others and gain their approval.     |
|                       | 3. I have no choice but to exercise due to external demands or expectations. |
|                       | 4. I exercise because I receive external rewards or incentives for doing so. |
|                       | 5. I exercise because I fear punishment or negative consequences if I don't. |
| <b>Average Score:</b> |  |

## Amotivation

| Rating                | Statement  |
|-----------------------|--|
|                       | 1. I don't see the point in exercising and feel indifferent towards it.          |
|                       | 2. I lack any motivation or desire to engage in exercise.                        |
|                       | 3. I don't believe that exercise has any value or benefit for me.                |
|                       | 4. I feel powerless and helpless when it comes to exercising.                    |
|                       | 5. I have no intention of exercising and do not see it as a priority in my life. |
| <b>Average Score:</b> |  |

**Notes and Interpretation:**

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