

# 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:**