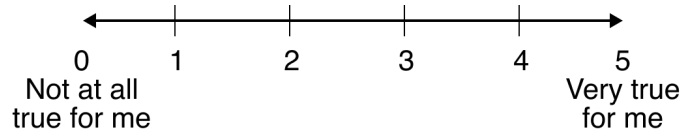


# Exercise Motivation Inventory-2

Full name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Please read the statements carefully and circle the appropriate number that reflects whether each statement is true for you personally or would be true if you exercised.

Use '0' if the statement is **not true for you at all** and '5' if it is **very true**. For partly true statements, choose '1', '2', '3', or '4' based on your feelings.



Personally, I exercise (or might exercise)...	0	1	2	3	4	5
1. To stay slim						
2. To avoid ill-health						
3. Because it makes me feel good						
4. To help me look younger						
5. To show my worth to others						
6. To give me space to think						
7. To have a healthy body						
8. To build up my strength						
9. Because I enjoy the feeling of exerting myself						
10. To spend time with friends						
11. Because my doctor advised me to exercise						
12. Because I like trying to win in physical activities						
13. To stay/become more agile						
14. To give me goals to work towards						
15. To lose weight						
16. To prevent health problems						
17. Because I find exercise invigorating						
18. To have a good body						
19. To compare my abilities with other peoples'						
20. Because it helps to reduce tension						
21. Because I want to maintain good health						
22. To increase my endurance						

Personally, I exercise (or might exercise)...	0	1	2	3	4	5
23. Because I find exercising satisfying in and of itself						
24. To enjoy the social aspects of exercising						
25. To help prevent an illness that runs in my family						
26. Because I enjoy competing						
27. To maintain flexibility						
28. To give me personal challenges to face						
29. To help control my weight						
30. To avoid heart disease						
31. To recharge my batteries						
32. To improve my appearance						
33. To gain recognition for my accomplishments						
34. To help manage stress						
35. To feel more healthy						
36. To get stronger						
37. For enjoyment of the experience of exercising						
38. To have fun being active with other people						
39. To help recover from an illness/injury						
40. Because I enjoy physical competition						
41. To stay/become flexible						
42. To develop personal skills						
43. Because exercise helps me to burn calories						
44. To look more attractive						
45. To accomplish things that others are incapable of						
46. To release tension						
47. To develop my muscles						
48. Because I feel at my best when exercising						
49. To make new friends						
50. Because I find physical activities fun, especially when competition is involved						
51. To measure myself against personal standards						
<b>Total score:</b>						

		Total subscale score / Total items in subscale
<b>Stress management</b>	Items 6, 20, 34, and 46	____ /4 = ____
<b>Revitalization</b>	Items 3, 17, and 31	____ /3 = ____
<b>Enjoyment</b>	Items 9, 23, 37, and 48	____ /4 = ____
<b>Challenge</b>	Items 14, 28, 42, and 51	____ /4 = ____
<b>Social recognition</b>	Items 5, 19, 33, and 45	____ /4 = ____
<b>Affiliation</b>	Items 10, 24, 38, and 49	____ /4 = ____
<b>Competition</b>	Items 12, 26, 40, and 50	____ /4 = ____
<b>Health pressures</b>	Items 11, 25, and 39	____ /3 = ____
<b>Ill-health avoidance</b>	Items 2, 16, and 30	____ /3 = ____
<b>Positive health</b>	Items 7, 21, and 35	____ /3 = ____
<b>Weight management</b>	Items 1, 15, 29, and 43	____ /4 = ____
<b>Appearance</b>	Items 4, 18, 32, and 44	____ /4 = ____
<b>Strength and endurance</b>	Items 8, 22, 36, and 47	____ /4 = ____
<b>Nimbleness</b>	Items 13, 27, and 41	____ /3 = ____

- The total score for each subscale represents the participant's level of motivation in that specific category.
- Higher scores indicate stronger motivation in the corresponding subscale.

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Markland, D. (n.d.). *The Exercise Motivations Inventory*. Living Strong.  
<https://www.livingstrong.org/articles/ExerciseMotivations.pdf>