



<b>Personally, I exercise (or might exercise)...</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
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>						

		<b>Total subscale score / Total items in subscale</b>
<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>