



What Are My BARRIERS?

Directions: Listed below are reasons teenagers and adults give to describe why they do not get as much physical activity as they think they should. Please read each statement and circle the number that best describes how likely you are to give the reason stated.

How likely are you to say? ▼	very likely	somewhat likely	somewhat unlikely	very unlikely
1. I'm too busy. I can't make the time to include physical activity in my schedule.	3	2	1	0
2. None of my family members or friends like to do anything active.	3	2	1	0
3. I'm too tired after school/work to get any exercise.	3	2	1	0
4. I've been thinking about getting more exercise, but I can't seem to get started.	3	2	1	0
5. I'm getting older so exercise can be risky.	3	2	1	0
6. I don't get enough exercise because I don't know how to play sports.	3	2	1	0
7. There are no jogging trails, swimming pools, bike paths around.	3	2	1	0
8. Physical activity takes too much time away from other things I want to do.	3	2	1	0
9. I'm embarrassed about how I will look when I exercise. I don't want people to see me exercise.	3	2	1	0
10. I don't get enough sleep as it is.	3	2	1	0
11. It's easier for me to find excuses not to exercise than to go out and do something.	3	2	1	0
12. I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13. I really can't see learning a new sport at my age.	3	2	1	0
14. It's too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15. My free times during the day are too short to include exercise.	3	2	1	0
16. My usual social activities with family or friends do not include physical activity.	3	2	1	0
17. I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18. I want to get more exercise, but I can't seem to make myself stick to anything.	3	2	1	0
19. I'm afraid I might injure myself.	3	2	1	0
20. I'm not good enough at any physical activity to make it fun.	3	2	1	0
21. If we had exercise facilities and showers at work, then I would be more likely to exercise. Or, If the facilities and showers at school were open after classes, then I would be more likely to exercise.	3	2	1	0