



What Are My BARRIERS?

Scoring Key

Use the following table to score yourself:

- Enter the circled number in the spaces provided, putting the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories; lack of time, social influences, lack of energy, lack of will power, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

$$\frac{\quad}{1} + \frac{\quad}{8} + \frac{\quad}{15} = \underline{\hspace{2cm}} \text{ Lack of time}$$

$$\frac{\quad}{2} + \frac{\quad}{9} + \frac{\quad}{16} = \underline{\hspace{2cm}} \text{ Social influences [Friends]}$$

$$\frac{\quad}{3} + \frac{\quad}{10} + \frac{\quad}{17} = \underline{\hspace{2cm}} \text{ Lack of energy}$$

$$\frac{\quad}{4} + \frac{\quad}{11} + \frac{\quad}{18} = \underline{\hspace{2cm}} \text{ Lack of will power}$$

$$\frac{\quad}{5} + \frac{\quad}{12} + \frac{\quad}{19} = \underline{\hspace{2cm}} \text{ Fear of injury}$$

$$\frac{\quad}{6} + \frac{\quad}{13} + \frac{\quad}{20} = \underline{\hspace{2cm}} \text{ Lack of skill}$$

$$\frac{\quad}{7} + \frac{\quad}{14} + \frac{\quad}{21} = \underline{\hspace{2cm}} \text{ Lack of resources [money, gym membership, equipment]}$$

Adapted from: *Lifetime Fitness, Participant Manual*,
Bloomington Heart and Health Program