

# M-PAC to Understand Individual Physical Activity – Sample Questionnaire

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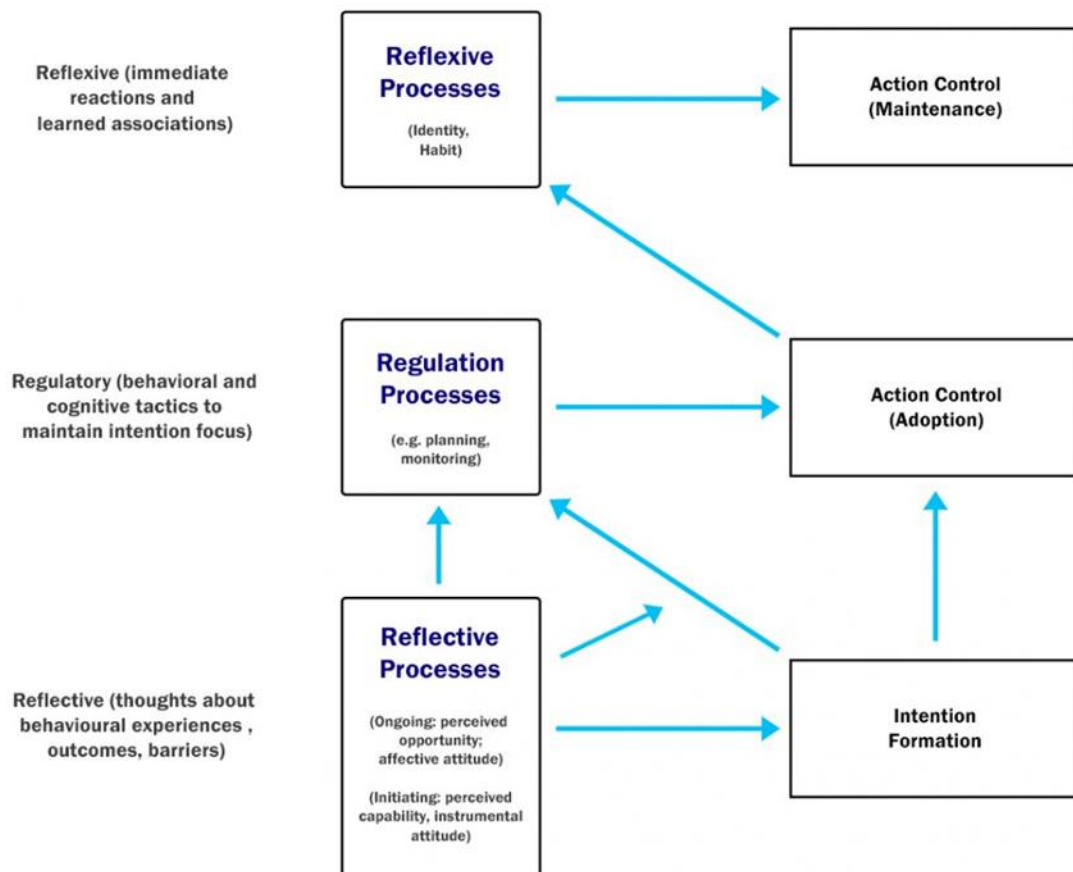
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## Behavioural Measurement for Physical Activity

For this section, measurement of the target behaviour is at the discretion of the researcher. Below are suggestions for possible measures of physical activity behavior:

- GLTEQ (eg., Godin & Shephard, 1985)
- Pedometry
- Accelerometry
- Attendance at a program
- Seven day recall
- IPAQ

## Regular Physical Activity

Please take an extra minute to read this section. It is very important that you clearly understand our definition of what constitutes regular physical activity before you proceed with the survey.

**Please refer back to these definitions for all physical activity-related questions.**

- Engaging in physical activity on a regular basis can be defined as 150 minutes of at least moderate-intensity activity per week.
- What is moderate-intensity physical activity? This includes activities like brisk walking, tennis, easy bicycling, or dancing; such activities may work up a light perspiration but is not exhausting. Several short bouts (but not less than 10 minutes) can be accumulated.
- Note: Typical weight training (free weight, weight machines) and callisthenic-type activities (such as push-ups, sit-ups) should be considered as moderate-intensity activity. Count only the minutes that you are actually active. For example, during a 1.5 hour workout, you may only be lifting for 30 minutes.
- What is vigorous-intensity physical activity? This includes activities like running, aerobics, fast bicycling, or basketball. Such activities cause significant sweating and large increases in breathing and heart rate.





## Perceived Opportunity for Physical Activity (Lithopoulos et al., 2023)

Now we will ask you about your opportunity to do regular aerobic physical activity. Before answering the questions, please read stories 1 and 2 to help you understand what we mean when we ask you whether you have the “opportunity” to be regularly aerobically physically active.

Story 1: William is on an airplane and receives a message from Harold asking if he would like to go for a run. William tells Harold that he unfortunately does not have the opportunity to join him because he is on an airplane.

Story 2: Emily tells Sheila, Emily’s co-worker, that she would like to play wheelchair basketball this week but has work she would like to get done by the end of the week. Sheila points out that Emily actually does have the opportunity to play basketball, and could play if she really wanted to, but is choosing to instead follow through with her commitment to work because that is a greater priority for her than playing basketball.

Please answer the following questions using the interpretation of “opportunity” from William in story 1 and Sheila in story 2.

	1	2	3	4	5	6	7
	Strongly disagree	Disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Agree	Strongly Agree
I have the opportunity to be regularly aerobically physically active over the XX	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I could find a way to fit it in my schedule so that I am regularly aerobically physically active over the next XX	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would have the chance to be regularly aerobically physically active over the next XX	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Decisional Intentions to be Physically Active (Courneya, 1994)

Instructions: The following will ask you about your intention to be regularly physically active.







## Habit of Physical Activity (Gardner, Abraham, Lally, & de Bruijn, 2012)

The following questions ask about your habits regarding physical activity. Habits are behaviors that are so practiced they are often done without much thought or motivation. For example, for many people driving a car becomes a habit when one can think about all sorts of things, concentrate on the road, and give little thought to operating the controls of the car. Sometimes travelling to and from work becomes such a habit that we do not even think about our route anymore. Please select the answer that best represents you.

Remember, regular physical activity is defined as 150 minutes of leisure time activity per week at a moderate to vigorous intensity.

### Physical activity is something:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I do automatically	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I do without having to consciously remember	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I do without thinking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I start doing it before I realize I am doing it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Physical Activity Identity (Wilson & Muon, 2008; Sparks & Shepherd, 1992)

Instructions: The following questions concern your personal beliefs about exercise. Please indicate the degree to which you agree or disagree with each statement when thinking about your exercise participation.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I consider myself someone who does regular physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. When I describe myself to others, I usually include my involvement in physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Others see me as someone who does physical activity regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Regular physical activity fits the way I want to live	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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