

Please mark the line which shows how you think or feel.

1. For me to walk for at least 30 minutes/day for 5 days in the next week is:
unhealthy: _____ : _____ : _____ : _____ : _____ : _____ : _____ : healthy

2. My doctor thinks that

I should: _____ : _____ : _____ : _____ : _____ : _____ : _____ : I should not
walk for at least 30 minutes/day for 5 days in the next week

3. When it comes to walking, how much do you want to do what your doctor thinks
you should do?

not at all : _____ : _____ : _____ : _____ : _____ : _____ : very much

4. I intend to walk for at least 30 minutes/day for 5 days in the next week

extremely unlikely : _____ : _____ : _____ : _____ : _____ : _____ : extremely likely

5. If I wanted to, I could walk at least 30 minutes/day for 5 days in the next week

definitely true : _____ : _____ : _____ : _____ : _____ : _____ : definitely false

6. My family thinks that

I should: _____ : _____ : _____ : _____ : _____ : _____ : I should not
walk for at least 30 minutes/day for 5 days in the next week

7. When it comes to walking, how much do you want to do what your family thinks
you should do?

not at all : _____ : _____ : _____ : _____ : _____ : _____ : very much

8. Walking for at least 30 minutes/day, 5 days a week *over the next 3 months* will
lower my Hemoglobin A1c (average blood sugar).

extremely unlikely : _____ : _____ : _____ : _____ : _____ : _____ : extremely likely

9. Lowering my blood sugar is

extremely bad : _____ : _____ : _____ : _____ : _____ : _____ : extremely good

10. I will try to walk for at least 30 minutes/day for 5 days in the next week

definitely true : _____ : _____ : _____ : _____ : _____ : _____ : definitely false

11. For me to walk at least 30 minutes/day for 5 days in the next week would be

impossible : _____ : _____ : _____ : _____ : _____ : _____ : possible

12. Walking for at least 30 minutes will lower my blood sugar.

extremely unlikely : _____ : _____ : _____ : _____ : _____ : _____ : extremely likely

13. Lowering my Hemoglobin A1c (average blood sugar) is

extremely bad : _____ : _____ : _____ : _____ : _____ : _____ : extremely good

14. For me to walk for at least 30 minutes/day for 5 days in the next week is:

pleasant: _____ : _____ : _____ : _____ : _____ : _____ : unpleasant