

Inventory of Exercise Habits

Please, read each of the following statements and then use the response scale on the right to indicate whether you agree or disagree with it. There are no right or wrong answers. Work quickly and mark the answer that best describes what you believe and how you feel. Make sure that you respond to all the questions.

		totally disagree	disagree	Neither agree or disagree	agree	totally agree
1	Feeling tired during exercise is my signal to slow down or stop.	①	②	③	④	⑤
2	I would rather work out at low intensity levels for a long duration rather than at high-intensity levels for a short duration.	①	②	③	④	⑤
3	During exercise, if my muscles begin to burn excessively or if I find myself breathing very hard, it is time for me to ease off.	①	②	③	④	⑤
4	I'd rather go slow during my workout, even if that means taking more time.	①	②	③	④	⑤
5	While exercising, I try to keep going even after I feel exhausted.	①	②	③	④	⑤
6	I would rather have a short, intense workout than a long, low-intensity workout.	①	②	③	④	⑤
7	I block out the feeling of fatigue when exercising.	①	②	③	④	⑤
8	When I exercise, I usually prefer a slow, steady pace.	①	②	③	④	⑤
9	I'd rather slow down or stop when a workout starts to get too tough.	①	②	③	④	⑤
10	Exercising at a low intensity does not appeal to me at all.	①	②	③	④	⑤
11	Fatigue is the last thing that affects when I stop a workout; I have a goal and stop only when I reach it.	①	②	③	④	⑤
12	While exercising, I prefer activities that are slow-paced and do not require much exertion.	①	②	③	④	⑤
13	When my muscles start burning during exercise, I usually ease off some.	①	②	③	④	⑤
14	The faster and harder the workout, the more pleasant I feel.	①	②	③	④	⑤
15	I always push through muscle soreness and fatigue when working out.	①	②	③	④	⑤
16	Low-intensity exercise is boring.	①	②	③	④	⑤