The Motivation of Physical Activity Measure (MPAM-R)

The following is a lift of reasons people engage in physical activity, sports and exercise. Keeping in mind your primary physical activity at the gym, rate each reason on the basis of how true that response is for you.

1	2	3	4	5	6	7
not at all true for me						**very true for me**

_____ 1. I want to be physically fit.

_____ 2. It's fun.

_____ 3. I like engaging in activities that physically challenge me.

_____ 4. I want to acquire new skills.

_____ 5. I want to lose or maintain weight so that I'll look better.

_____6. I want to be with my friends.

_____ 7. I like to do this activity.

_____ 8. I want to improve my existing skills.

_____ 9. I like the challenge.

_____ 10. I want to define my muscles so that I'll look better.

_____ 11. It makes me happy.

_____ 12. I want to keep up my current skill level.

_____ 13. I want to have more energy.

_____ 14. I like activities that are physically challenging.

_____ 15. I like to be with others who are interested in this activity.

_____ 16. I want to improve my cardiovascular fitness.

_____ 17. I want to improve my appearance.

_____ 18, I think it's interesting.

_____ 19. I want to maintain my physical strength to live a healthy life.

_____ 20. I want to be attractive to others.

_____ 21. I want to meet new people.

_____ 22. I really enjoy this activity.

_____ 23. I want to maintain my physical health and well-being.

_____ 24. I want to improve my body shape.

_____ 25. I want to get better at my activity.

_____ 26. I find this activity stimulating.

_____ 27. I will feel physically unattractive if I don't.

_____ 28. My friends want me to.

_____ 29. I like the excitement of participation.

_____ 30. I enjoy spending time with others doing this activity.

Source: Adapted from Frederick, C.M., & Ryan, R.M. 1993. Differences in motivation for sport and exercise and their relations with participation and mental health. Journal of Sport Behavior, 16, 124-46.