

Item id	Items	Variable correspondence
1	I'm afraid of damaging myself	Fear
2	I feel embarrassed when other people sees me exercising	Self-consciousness
3	The advice of a doctor or professional is lacking	Professional advice
4	I feel uncomfortable with my body	Self-confidence/self-esteem
5	My current job prevents me from doing exercise	Work/studies
6	I don't know how to do some particular exercises (eg. Using gym machines. swimming technique)	Knowledge
7	I feel too old	Role compatibility
8	I don't see exercising as being necessary	Perceived importance and need of exercise
9	The activity that I like is not available	Facilities and access
10	I don't feel supported by family and/or friends about doing exercise	Influence of others
11	I'm usually tired	Energy level
12	I have no one to help me with my duties (eg. Cooking. cleaning. etc) so I can do exercise.	Instrumental social support
13	It's too expensive	Costs
14	I don't like feeling aware of my own body when doing exercise	Awareness
15	The coaches or trainers aren't appropriate or don't provide appropriate support	Facilities and acces
16	The spots where I can practice are not appropriate	Facilities and access
17	I don't have equipment for physical activity	Equipment
18	I can't find places that I like or that inspire me for doing physical activity	Aesthetics appealing
19	There are not close spots where to practice	Facilities and access
20	Other people tease me when I do exercise	Influence of others
21	I do not consider exercising on my own	Company
22	I'm not into exercising	Motivation
23	I can't find resources for doing activities adapted to my culture	Facilities and access
24	I'm not capable of making time for myself	Initiative. willpower and commitment
25	I feel lazy to exercise	Initiative. willpower and commitment
26	I don't know where to exercise	Knowledge
27	I have to take care of my children	Family/Social/Animal responsibilities
28	I don't feel capable	Self-efficacy
29	I'm not in shape	Fitness status
30	I feel pain when exercising	Pain or body sensations
31	There are no good transport options in my area	Transportation
32	My physical condition does not allow me to use transportation to reach the place where to exercise	Transportation
33	It is not viewed favourably by my social surroundings to do exercise. use exercise clothes or other aspects related to exercise	Cultural promotion
34	I don't have nobody with whom exercise	Company
35	I am not aware whether my body posture is proper when exercising	Awareness
36	I have to take care of household chores	Housework
37	I feel observed (ashamed) when doing exercise on my own	Self-consciousness
38	I'm in a poor health state	Medical status
39	I have an incompatible working timetable	Work/studies
40	I'm not used to exercising	Routine
41	In my surroundings. exercising is not promoted	Cultural promotion
42	I feel guilty when I put time into exercising	Affective attitudes
43	I feel very tired to exercise	Energy level

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44	I am concerned because I am not as good as my friends	Self-consciousness
45	I'm too old	Fitness status
46	I have to take care of relatives or other dependants (excluding children)	Family/Social/Animal responsibilities
47	I don't feel my body being better when I exercise	Health/weight benefits
48	I have a disability	Medical status
49	I can't find financial aids that allow me to exercise	Policies
50	I am not good at exercising	Skills
51	The weather is usually bad (hot. humid. rainy. cold)	Climate conditions
52	I'm under some kind of stress	Emotional/ psychological state
53	I feel embarrassed to join any group because I am not in good shape	Self-consciousness
54	I prioritize other things before exercise	Priorities
55	I'm on vacation	Other/non specify demands
56	I'm not in the mood	Emotional/ psychological state
57	I feel lonely when I exercise on my own	Company
58	My house is too small for exercising	Facilities and access
59	I feel frustrated when trying to do exercise	Challenge and difficulty
60	It is dangerous to exercise in the place where I live	Environment safety
61	I'm not capable of following a class or an imposed exercise program	Self-efficacy
62	I always worry not to be as good as the others	Self-consciousness
63	I have a medical condition (heart. bladder)	Medical status