Health Status

What is your Body Mass Index (BMI)?

A.30 or above (Obesity)

B.25 – 29.9 (Overweight)

C.18.5 – 24.9 (Normal weight)

D.Below 18.5 (Underweight)

Fitness History

How long does an exercise session last in average?

A.0 – 30 min

B.31 – 60 min

C.61 – 90 min

D.91-120 min

E.More than 120

Fitness environment

Where do you prefer to exercise?

A.Indoors

B.Outdoors

Social Influence

Do you prefer to exercise alone or with others?

A.Always exercise alone

B.Mostly exercise alone

C.Sometimes alone, sometimes with others

D.Mostly with others

E.Always with others

|  |  |  |
| --- | --- | --- |
| Constructs | Question | Grouping |
| HS | What is your Body Mass Index (BMI)? | A.30 or above (Obesity) |
|  |  | B.25 – 29.9 (Overweight) |
|  |  | C.18.5 – 24.9 (Normal weight) |
|  |  | D.Below 18.5 (Underweight) |
| FE | Where do you prefer to exercise? | 1. Indoor |
|  |  | 1. Outdoor |
| FH | How long does an exercise session last in average? | A.0 – 30 min |
|  |  | B.31 – 60 min |
|  |  | C.61 – 90 min |
|  |  | D.91-120 min |
|  |  | E.More than 120 |
| SI | Do you prefer to exercise alone or with others? | A.Always exercise alone |
|  |  | B.Mostly exercise alone |
|  |  | C.Sometimes alone, sometimes with others |
|  |  | D.Mostly with others |
|  |  | E.Always with others |