Questionnaire for Adults

Dear participant. This questionnaire has four sections (A, B, C and D). The first section is just your basic information such as age etc. Section B assesses your determination to use cellphone. Section C assesses your determination on self-monitoring of nutrition. Section D assesses your determination on self-monitoring of exercise. You are free to ask if you feel something is not very clear.

Mthathi nxaxheba obekekileyo. Olu luhlu lwemibuzo lunamacandelo amane (A,B.C no-D). Icandelo lokuqala luquka nje inkcukacha zakho ezifana neminyaka yakho njalo njalo. Icandelo livavanya ukuzimisela kwakho ukusebenzisa iselifowuni. Icandelo C, livavanya ukuzimisela kwakho ekuphononongeni indlela otya ngayo. **Icandelo** D avavanya ukuzimisela kwakho ekuphononongeni ukuzilolonga kwakho.

Uvumelekile ukuba ungabuza ukuba kukho into ongayiqondiyo okanye engacacanga.

Section A: Basic Information (Demography)

Icandelo: Inkcukacha ngawe

1. Write three initials of your three names_____

   Bhala onobumba bokuqala bamagama akho omathathu _____

2. Write your age_____

   Bhala iminyaka yakho_____

3. Please tick ☑ all education you have passed through.

   Nceda uphawule ☑ ngoluhlobo onke amabanga emfundo othe wafikelela/wadlula kuwo.

   A. Grade (Ibanga) 1-7 ☐

   B. Grade (Ibanga) 8-10 ☐

   C. Matric (Matriki) ☐

   D. Vocational (ezinye izifundo) ☐

   E. College (KwanoKholeji/ekholejini) ☐

   F. None (azikho) ☐

4. Please tick ☑ the boxes below to indicate features that you have used in a cellphone

   Nceda uphawule ☑ ngolu hlobo kwizinto owakhe wazenza kwiselifowuni

   A. i-SMS ☐

   B. u-WhatsApp ☐

   C. u-BBM ☐

   D. Taking Photos (ukufota) ☐

   E. Dialing (Calling) (ukufowuna) ☐

   F. u-Facebook ☐

   G. u-Twitter ☐

   H. i-Email ☐

   I. Download music audio or video (ukukhuphela umculo okanye imibonisa bhanya-bhanya) ☐

   J. Pedometer (ukubala, ukuseta imizuzu) ☐

   K. Diary for Diet (Idayari yesicwangciso sokutya) ☐

Instructions: For each question in section B, C, D you are required to circle one number on a scale of 1 to 7. You are free to ask if you feel something is not very clear.

Imiyalelo: kuyo yonke lemibuzo ikucandelo B, C, D uyacelwa ukuba uphendule ngokurhanqela okanye ubiyile inomobolo, kwisikali esisuka ku 1 ukuya ku7.

Uvumelekile ukuba ubuze ukuba uziva ungacacelwanga okanye kukho into ongayiqondiyo.

Section B: Determination to use Cellphone

Candelo B: Ukuzimisela ukusenzisa isel'fowuni.

1. A cellphone makes me feel more close to family and friends**.**

   Isel'fowuni indenza ndizive ndisondele kwizihlobo nezalamane zam.

   Circle one number:

   Biyela inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

2. There are many things on the cellphone/smartphone that I can't do on my own.

   Zinintsi izinto ezikwisel'fowuni endingakwazi ukuhlala ngaphandle kwazo.

   Circle one number:

   Biyela inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

3. Having a cellphone helps me to stay in touch with many people.

   Ukuba nesel'fowuni kundicenda ekubeni ndihlale ndinxibelelene nabantu abanintsi.

   Circle one number:

   Biyela inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

4. A cellphone always has so many interesting applications that are fun to use**.**

   Isel'fowuni inezinto ezinintsi ezinika umdla yaye ezonwabisayo xa uzisebenzisa.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

5. I am confident that I know how to use Facebook on a cellphone**.**

   Nidiqinisekile ndiyakwazi ukusebenzisa uFacebook kwisel'fowuni.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

6. If I get a new smartphone I am capable of learning how to use it quickly.

   Ukuba ndifumana isel'fowuni yalamaxesha entsha ndinako ukufunda ukuyisebenzisa ngokukhawuleza.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

7. My cellphone is great because it a lot of things I can use.

   Isel'fowuni yam ilunge kakhulu kuba inezinto ezinintsi endinokuzisebenzisa.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

8. I find my cellphone to be very useful.

   Ndiyifumana iluncedo kakhulu isel'fowuni yam.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

9. Every time I always try to find new interesting applications that I can put in my phone.

   Ngalo lonke ixesha ndisoloko ndikhangela izinto endinokuzifaka kwisel'fowuni yam.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

10. I don't enjoy much in using my cellphone.

Andikonwabeli kakhulu ukusebenzisa isel'fowuni yam.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

11. I think using a cellphone can be very exciting at times.

Ndicinga ukuba ukusebenzisa isel'fowuni kwenza imincili ngamanye amaxesha.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

12. I can't imagine how my life would have been without a cellphone.

Andikwazi kwa ukuyicinga into yokuba ubomi bam bunganjani ngaphandle kwesel'fowuni

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

13. When I am bored I can always entertain myself through my cellphone.

    Xa ndibhorekile ndinako ukuzonwabisa ngesel'fowuni yam.

    Circle one number:

    Biyela inombolo:

    ←   1   2   3   4   5   6   7   →

       Not at all true   Sometimes True   Always True

       Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

14. I wish I had a better cellphone that allows me to do many things.

    Ndinqwena ngathi bendinesel'fowuni egcono endenza ndikwazi ukwenza izinto ezinitsi.

    Circle one number:

    Biyela inombolo:

    ←   1   2   3   4   5   6   7   →

       Not at all true   Sometimes True   Always True

       Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

15. I think owning a cellphone is just a waste of money.

    Ndicinga ukuba nesel'fowuni yinkcitha xesha.

    Circle one number:

    Biyela inombolo:

    ←   1   2   3   4   5   6   7   →

       Not at all true   Sometimes True   Always True

       Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

16. Having a cellphone can cause conflicts with family and friends.

Ukuba nesel'fowuni kungabanga ingxogxo negxabano kwizihlobo nezalamne

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

     Not at all true   Sometimes True   Always True

     Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

17. I don't to know everything on the cellphone because it is not important to me.

Andiyazi yonke into ekwisel'fowuni kuba ezinye izinto azibalulekanga.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

     Not at all true   Sometimes True   Always True

     Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

18. I think I am very competent in using cellphones/smartphones**.**

Ndicinga ukuba ndiyakwazi ukusebenzisa isel'fowuni/ifowuni yalamaxesha.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

     Not at all true   Sometimes True   Always True

     Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

19. I put a lot of efforts to make sure I learn everything on a cellphone/smartphone.

Ndenza ngako konke endinako ukuqinisekisa ukab ndifunda yonke into ekwisel'fowuni.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

    Not at all true   Sometimes True   Always True

    Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

20. I have no freedom to use a cellphone.

Andinankululeko yokusebenzisa isel'fowuni yam.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

    Not at all true   Sometimes True   Always True

    Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

Section C: Determination to self-monitor diet

Icandelo C: Ukuzimisela kuphononongo lwesicwangciso-sokutya

1. I do receive a lot of support from friends and family in self-monitoring my diet**.**

   Ndifumana inxaso enintsi kwizihlobo nezilamane ngokuphononongwa kwesicwangciso-sokutya

   Circle one number:

   Biyela inombolo:

   ←   **1   2   3   4   5   6   7   →**

     Not at all true   Sometimes True   Always True

     Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

2. I feel it is more fun to record down and see what I have eaten**.**

   Ndiva kumnandi ukushicilela phantsi, ndijonge endikutyayo.

   Circle one number:

   Biyela inombolo:

   ←   **1   2   3   4   5   6   7   →**

     Not at all true   Sometimes True   Always True

     Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

3. I don't have anyone to support and encourage me to always record and review my diet.

   Andinamntu wokundixhasa nondikhuthaza ukuba ndishicilelel kwaye ndihlole isigcwangciso-kutya sam.

   Circle one number:

   Biyela inombolo:

   ←   **1   2   3   4   5   6   7   →**

     Not at all true   Sometimes True   Always True

     Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

4. Recording down and reviewing what I have eaten is very boring.

   Ukushicilela phantsi nokuhlalutya endikutyileyo kuyabhora.

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

5. I feel that I am not very good at self-monitoring of diet.

   Ndiziva ndingenzi kakuhle kuphononongo lwesicwangciso-kutya

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

6. I am confident that I am sufficient knowledgeable on how I can self-monitor my diet.

   Ndiqinisekile ukuba ndinolwazi olwaneleyo ngewndlela yokuphonononga isicwangciso-kutya sam

   Circle one number:

   Biyela inombolo:

   ←   1   2   3   4   5   6   7   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

7. Recording and review my diet gives me a lot of room to choose what I am going to eat.

Ukushicilela nokuphonononga isigcwangciso-kutya sam kundinika ithuba lokukhetha ukuba ndizokutya ntoni.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

  Not at all true   Sometimes True   Always True

  Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

8. I think recording down what I have eaten is very useful for my health.

Ndicinga ukuba ukushicilela phantsi endikudlileyo kubalulekile empilweni yam

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

  Not at all true   Sometimes True   Always True

  Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

9. I am putting a lot of efforts in following what I eat by recording it in a diary.

Ndizimisele kakhulu ekujongeni into endizityayo oku ndikujonga ngokushicilela konke endikutya kwidayari yam.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

10. I feel excited when I am able to examine the diary and reflecting on whether eating healthy or not**.**

    Ndiziva ndichwyatile xa ndihlola idayari yam ndibone ukuba nditya ngokusempilweni kwisini na.

    Circle one number:

    Biyela inombolo:

    ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

       Not at all true   Sometimes True   Always True

       Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

11. I am happy that I can be able to review my diary and see my progress on following diet**.**

    Ndiyavuya kuba ndikwazi ukuhlalutya idayari yam ndibone inkqubela ekulandeleni kwam isicwangciso-kutya sam.

    Circle one number:

    Biyela inombolo:

    ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

       Not at all true   Sometimes True   Always True

       Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

12. It is easier to follow diet once you start recording and reviewing what you have been eating**.**

    Kulula ukulandela isicwangciso kutya xa uqale ngokushicilelela nokuhlalutya okudlayo.

    Circle one number:

    Biyela inombolo:

    ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

       Not at all true   Sometimes True   Always True

       Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

13. I have been enjoying reviewing my diet journal (diary).

Ndiyakonwabela ukuhlalutya idayari yesicwangciso-kutya sam.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

14. The reason why I don't record and review my diet is because I have no choice when it comes to deciding of what to eat.

Isizathu esibangela ndingasishicileli nokusihlola isigcwangciso-kutya sam, kungokuba andinalo ithamsanqa lokukhetha ukuba ndizokutya ntoni.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

15. Recording and reviewing on a diary about what I have been eating is not useful at all.

Ukushicilela nokuhlola idayari ndijonga ebendikudlile akubalulekanga konke-konke.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

16. I have a group of friends of where we encourage each other to record and review our diets.

Ndineqela labahlobo apho sikhuthazana khona ngokushicilela nokuhlola izicwangciso-kutya zethu.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

17. I think recording down of diet is not a priority in my life. **(effort/important) (R)**

Ndicinga ukuba ukushicilela isigcwangciso-kutya akubalulekanga empilweni yam.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

18. I think I am doing quite well in self-monitoring of diet.

Ndicinga ukuba ndenza kakuhle kuphononongo lwesicwangciso-kutya/idayeti.

Circle one number:

Biyela inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

19. I consider recording and reviewing of diet to be a very important aspect of my healthy eating plan.

Ndicinga ukuba ukushicilela nokuphononga isigcwangciso-kutya yeyona nto ibaluleke kakhulu ekutyeni ukutya okusempilweni.

Circle one number:

Biyela Inombolo:

←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

20. I have freedom to record and review my diet at whenever I get a chance.

Ndikhululekile ukuba ndishicilele yaye ndiphononge inkqubo yokutya yam nangaliphi na ithuba xa ndinexesha.

Circle one number:

Biyela inombolo:

←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

Section D: Determination to self-monitor exercise such as walking, running etc.
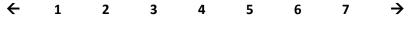
Icandelo D: Ukuzimisela ekunonopheleni ukuzilolonga, okunje ngokuhamba-hamba, ukubaleka njalo njalo.

1. I am motivated to track down my walking habits because all my friends do. **(Perceived relatedness)**

   Ndikuthazekile ekuphononongeni imikhwa yam yokuhamba-hamba, kuba bonke abahlono bam besenza njalo.

   Circle one number:

   Biyela Inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

2. It is very interesting to have a way of knowing whether you are doing enough walking or not**.**

   Kunika umdla ukaba nendlela yokukwazi ukuba uhamba ngokwaneleyo kwisini na.

   Circle one number:

   Biyela Inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

3. I feel like I have no energy to track down my walking pattern because I don't have someone to encourage me.

Ndiziva ndingenamandla wokuphonononga indlela yokuhamba-hamba kwam ngexa yokuba ndingenamntu wokundikhuthaza.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

4. Going through a diary to review of whether I do enough walking or running is a boring task**.**

Ukuphendla idayari ndijonga ukuba ndihambe okanye ndibaleke ngokwaneleyo ngumsebenzi ocubhulayo.

Circle one number:

Biyela Inombolo.:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

5. It is hard to track down how much I have walked throughout the day.

Kunzima ukuphonononga ukuba ndihambe umgama ongakanani ngosuku.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

6. I have confidence that I can always be able to track down my activity level at any time.

   Niqinisekile ukuba ndisoloko ndikwazi ukuphononga amahlandinyuke am nangaliphi naxesha.

   Circle one number:

   Biyela Inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

7. I don't have time to track my walking habits because I am busy.

   Andinalo ixesha lokuphononga ukuhamba-hamba kwam kuba ndixakekile.

   Circle one number:

   Biyela Inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

8. I believe recording and reviewing of steps walked is very useful for fitness**.**

   Ndikholwa ekubeni ukuphononga amanyathelo ahanjiweyo kubalulekile empilweni.

   Circle one number:

   Biyela Inombolo:

   ←   **1**   **2**   **3**   **4**   **5**   **6**   **7**   →

      Not at all true   Sometimes True   Always True

      Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

9. I will keep on putting more efforts in checking my walking habits more often.

Ndizakuqhubeka ndiphonononga ukuhamba-hamba kwam rhoqo.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

10. Trust me tracking down of steps walked is quite thrilling.

Ndithembe xa ndisithi ukuphonononga umgama owuhambileyo kwenza imincili.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

11. It is very exciting to have something that can help you to know whether you have been active or lazy.

Kuyonwabisa ukubanento ekuxelelayo ukuba uzilolongile okanye uvilaphile kwisini na

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

12. Following up on my walking habits in a diary has helped me to become more active.

Ukulandela imikhwa yam yokuhamba ngokuphenya idayhari kundincedile ekuhlaleni ndizilolonga.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

    Not at all true   Sometimes True   Always True

    Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

13. I have been having too much fun in tracking down how much I walk throughout a day.

Kundonwabisa kakhulu ukuphononga ukuba ndihambe umgama ongakani usuluku lonke.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

    Not at all true   Sometimes True   Always True

    Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

14. I am feeling that it is not my choice to monitor my running and walking habits.

Ndiva ngathi ayikokuthanda kwam ukuphononga ukubaleka nokuhamba-hamba kwam.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

    Not at all true   Sometimes True   Always True

    Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

15. I feel that tracking down of my walking habits cannot help me to become fit.

Ndicinga ukuba ukunonophela imikhwa yam yokuhamba-hamba ayinakho ukundinceda ukuba ndibesempilweni okanye ndibesemandeni.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

16. I would love to share my diary with close friends so that they can see of how much I have been walking every day.

Ndingathanda ukwabelana ngedayari yam nabahlobo abasondeleyo kum khona ukuze bakwazi ukubona ukuba ndihamba-hamba yonke imihla.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

17. I think I have more important things to worry about rather than spending my time monitoring my walking habits.

Ndicinga ukuba zinintsi ndinezinto ezibalulekileyo endinokuzikhathaza ngazo kunokuba ndichithe ixesha ndiphonononga ukuhamba-hamba kwam.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

Not at all true   Sometimes True   Always True

Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

18. I am proud that I am able to track my exercise habits throughout the week.

Ndiyavuya, kuba ndikwazi ukunonophela ukuzilolonga kwam iveki yonke.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

19. Going through a diary to review how much I have walked is a very important reminder that I need to stay fit.

Ukuphenya idayari yam ndihlalutya umgama endiwumbileyo kubalulekile ekundikhumbuzeni ukuhlala ndisemandleni.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani

20. Reviewing of my walking pattern gives me lot of freedom to plan my exercises.

Ukuphononga indlela yokuhamba-hamba kwam kundinika inkululeko yokuceba ukuzilolonga kwam.

Circle one number:

Biyela Inombolo:

←   1   2   3   4   5   6   7   →

   Not at all true   Sometimes True   Always True

   Ayonyani konke-konke   Yinyani ngamanye amaxesha   Kwasoloko iyinyani