

Questionnaire for Adults

Dear participant. This questionnaire has three sections (A, B, and C). The first section assesses your determination to use the “**Family Wellness Application**”. The second section assesses your determination on self-monitoring of nutrition. The third section assesses your determination on self-monitoring of exercise. For each question 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.

Mthathi nxaxheba obekekileyo. Olu luhlu lwemibuzo lunamacandelo amathathu (A, B no-C). Icandelo lokuqala livavanya ukuzimisela kwakho ukusebenzisa i- family wellness application. Icandelo lesibini livavanya ukuzimisela kwakho ekuphononongeni indlela otya ngayo. Icandelo lwesithathu livavanya ukuzimisela kwakho ekuphononongeni ukuzilolonga kwakho.

kuyo yonke le mibuzo uyacelwa ukuba uphendule ngokurhanqela okanye ubiyele inomobolo ibenye kwisikali esisuka ku 1 ukuya ku7.

Uvumelekile ukuba ungabuza ukuba kukho into ongayiqondiyo okanye engacacanga.

Section A: Determination to use the “*Family Wellness Application*”

Icandelo A: Ukuzimisela ukusebenzisa i- Family Wellness Application

1. I enjoyed interacting with other people who were using the family wellness application.
Nidkonwabele ukunxulumana nabanye abantu abasebenzisa i- family wellness application

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 don't think I will be able to use the wellness application if there is no one to assist me.
Andiqondi ukuba ndingakwazi ukusebenzisa i- family wellness application xa kungekho mntu wokundincedisa.

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 am currently not feeling very close to other users of the family wellness application.

Okwa ngoku andiziva ndisondelelene nabanye abasebenzisi be- family wellness application .

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. The way information presented in the family wellness application is very interesting.

Indlela ezinikezwa ngayo iinkcukacha kwi- family wellness application inika umdla.

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 think I will always need help in using the family wellness application.

Ndicinga ukuba ndiyosoloko ndidinga ukuncediswa ekusenziseni i-family wellness application

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 mastered how to use the family wellness application to track my steps and diet. I no longer need any help in using it.

Ndiyincutshe ekusebenziseni i-family wellness application ukuqaphela amanyethelo kunye nendlela enditya ngayo okanye idayethi yam. Andisadingi kuncediswa ekuyisebenziseni.

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 feel that this version of the family wellness application gave me enough options for checking my wellness.

Ndiva ukuba olu didi lukhoyo lwe- family wellness application lundinikeze amathuba awoneleyo wokunonophela impilo 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

8. Tracking of my steps and diet with the family wellness application was very useful.

Ukuphonononga amanyathelo kunye nedayethi yam nge- family wellness application bekubalulekile.

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 believe the family wellness application might be very important in helping me to stay healthy.

Ndikholelwa ukuba i- family wellness application ingabaluleka kakhulu ekundincediseni ukuba ndihlale ndisempilweni.

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 think the wellness application is no longer interesting to me.

Ndicinga ukuba le aplikheyishini yempilo ayisaniki mdla kum.

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 there isn't much excitement in using the family wellness application to record food eaten.

Andiboni not enika umdla eksebenziseni i- family wellness application ukushicilela ukutya endikutyileyo.

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 walked more steps nowadays and all this is because of the family wellness application.

Ndihamba amanyathelo athe xhaxha kwezi ntsuku konke oku kungenxa ye-family wellness application .

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 a lot fun using the family wellness application.

Ndiyakonwabela kakhulu ukusenzisa i-family wellness application.

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 think the current version of the family wellness application limits my choices.

Ndicinga ukuba olu didi lukhoyo lwe- family wellness application kuyawanciphisa amathuba wam wokukhetha.

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 don't see any benefits from using the family wellness applications.

Andiboni maqithiqithi ekusebenziseni i-family wellness application.

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 felt very connected to other users of the family wellness application.

Ndizive ndiqhakamishelene nabanye abasebenzisi be- family wellness application.

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 find the current version of the family wellness application to be of great importance in my fitness and wellness journey.

Ndifumanise ukuba olu didi lukhoyo lwe- family wellness application lubaluleke kakhulu kwimpilo nokubasegazini.

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 can confidently use the family wellness application on my own

Ndicinga ukuba ndiyakwazi ukusebenzisa i- Family Wellness Application ndingancediswa mntu.

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. Every day I put a lot of efforts to make sure that I am able use the family wellness application independently.

Mihla le ndenza iinzame ukuqinisekisa ukuba ndinako ukusebenzisa i-family wellness application.

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. The current version of the family wellness application doesn't give me enough choices for reviewing my feedback.

Le ntlobo ikhoyo ye- family wellness application ayindiniki mathuba oneleyo wokuphonononga izimvo 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

Section B: Determination to self-monitor diet

Icandelo B: Ukuzimisela kuphononongo lwesicwangciso-sokutya

Note: Self-monitoring of diet is to keep records of your diet habits so that you can review your progress later on.

Qaphela: Uphononongo lwesicwangciso-sokutya kukushicilela indlela otya ngayo khona ukuze ukwazi ukukuhlalutya ujonge inkqubela phambili emva kwexesha.

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 ngokushicilela 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 nokuphonononga 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 ndiphonononge 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 C: Determination to self-monitor exercise such as walking, running etc.

Icandelo B: Ukuzimisela ekunonopheleni ukuzilolonga, okunje ngokuhamba-hamba, ukubaleka njalo njalo.

Note: Self-monitoring of exercise is to keep records of your exercise habits so that you can review your progress later on.

Qaphela: Ukunonophela ukuzilolonga kukushicilela zonke izinto ozenzayo xa uzilolonga khona ukuze ukwazi ukuzeyisa unjongo inkqubo ekuhambeni kwexesha.

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 abahloni 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 ukuphonononga 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 lokuphonononga 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 ukuphonononga 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 ukuphonononga 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 ukuphonononga 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.

Ndinga 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.

Ukuphonononga indlela yokuhamba-hamba kwam kudinika 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