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/wadlulakuwo.
	A. Grade (Ibanga) 1-7
	B. Grade (Ibanga) 8-10 \square
	C. Matric (Matriki)
	D. Vocational (ezinye izifundo) \square
	E. College (KwanoKholeji/ekholejini)
	F. None (azikho)

4.	Please	tick $oxed{oxed}$ the boxes below to indicate features that you have used in a cellphone
	Nceda	uphawule 🗹 ngolu hlobo kwizinto owakhe wazenza kwiselifowuni
	A.	i-SMS.
	В.	u-WhatsApp
	C.	u-BBM 🗆
	D.	Taking Photos (ukufota)
	E.	Dialing (Calling) (ukufowuna)
	F.	u-Facebook 🔲
	G.	u-Twitter 🗖
	Н.	i-Email 🗖
	I.	Download music audio or video (ukukhuphela umculo okanye imibonisa bhanya bhanya) \square
	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:

 \leftarrow 1 2 3 4 5 6 7 \rightarrow

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:

 \leftarrow 1 2 3 4 5 6 7 \rightarrow

Not at all true Sometimes True Always True

Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani

4.	A cellp	cellphone always has so many interesting applications that are fun to use.										
	Isel'fo	wuni in	ezinto e	zinintsi	ezinika ı	umdla ya	aye ezonv	vabisa	yo xa uziseber	nzisa.		
	Circle	one nu	mber:									
	Biyela	inombo	olo:									
	←	1	2	3	4	5	6	7	→			
	Not	t at all t	rue			Sometin	nes True	Al	ways True			
	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani											
5.	l am c	am confident that I know how to use Facebook on a cellphone.										
	Nidiqi	diqinisekile ndiyakwazi ukusebenzisa uFacebook kwisel'fowuni.										
	Circle	rcle one number:										
	Biyela inombolo:											
	←	1	2	3	4	5	6	7	→			
	Not	t at all t	rue			Sometim	nes True	Al	ways True			
	Ayo	onyani k	onke-kc	nke	Yinyaı	ni ngama	anye ama	xesha	Kwasoloko i	yinyani		
6.	If I get	a new	smartph	ione I ar	n capab	le of lea	rning hov	v to us	e it quickly.			
		ndifun khawul		'fowuni	yalama	xesha er	ntsha ndi	nako u	kufunda ukuy	isebenzisa		
	Circle	one nu	mber:									
	Biyela	inombo	olo:									
	←	1	2	3	4	5	6	7	→			
	Not	t at all t	rue			Sometin	nes True	Al	ways True			
	Ayo	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani										
		Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani										

7.	Му се	ellphone	e is great	t becaus	e it a lo	t of thin	gs I can u	se.			
	Isel'fo	wuni ya	am ilung	ge kakhu	lu kuba	inezinto	ezinintsi	i endino	okuziseber	nzisa.	
	Circle	one nu	ımber:								
	Biyela	inomb	olo:								
	←	1	2	3	4	5	6	7	\rightarrow		
	No	t at all t	true			Sometir	nes True	Al	ways True	!	
	Ау	onyani l	konke-k	onke	Yinya	ni ngam	anye ama	axesha	Kwasolo	ko iyinyani	
8.	I find	my cell	phone to	o be ver	y useful						
	Ndiyif	umana	ilunced	o kakhul	u iseľfo	wuni ya	m.				
	Circle	one nu	ımber:								
	Biyela	inomb	olo:								
	(1	2	3	4	5	6	7	\rightarrow		
	No	t at all t	true			Sometir	nes True	Al	ways True	!	
	Ау	onyani l	konke-k	onke	Yinya	ni ngam	anye ama	axesha	Kwasolo	ko iyinyani	
9.	Every	time I a	always tı	ry to find	d new in	nterestin	g applica	tions th	nat I can pı	ut in my phone	
	Ngalo	lonke i	xesha n	disoloko	ndikhai	ngela izi	nto endir	nokuzifa	aka kwisel'	fowuni yam.	
	Circle	one nu	ımber:								
	Biyela	inomb	olo:								
	←	1	2	3	4	5	6	7	→		
	No	t at all t	true			Sometir	nes True	Al	ways True		
	Ау	onyani l	konke-k	onke	Yinya	ni ngam	anye ama	axesha	Kwasolo	ko iyinyani	

10.	10. I don't enjoy much in using my cellphone.												
	Andik	onwabe	li kakhu	ılu ukus	ebenzisa	iseľfov	wuni yam	۱.					
	Circle	one nur	nber:										
	Biyela	a inombo	olo:										
	←	1	2	3	4	5	6	7	→				
	No	t at all tr	ue			Sometir	nes True	А	lways True				
	Ау	onyani k	onke-ko	onke	Yinyaı	ni ngam	anye am	axesha	Kwasolok	o iyinyani			
11.	I thin	k using a	cellpho	one can	be very	exciting	at times	•					
	Ndici	nga ukub	a ukuse	ebenzisa	a isel'fov	vuni kw	enza imii	ncili nga	amanye ama	axesha.			
	Circle one number:												
	Biyela	a inombo	olo:										
	(1	2	3	4	5	6	7	\rightarrow				
	No	t at all tr	ue			Sometir	nes True	А	lways True				
	Ау	onyani k	onke-ko	onke	Yinyaı	ni ngam	anye am	axesha	Kwasolok	o iyinyani			
12.	I can'	t imagine	e how n	ny life w	ould ha	ve been	without	a cellp	hone.				
	Andik	wazi kw	a ukuyi	cinga in	to yokub	a ubom	ii bam bu	ınganja	ni ngaphand	dle kwesel'fowuni			
	Circle	one nur	nber:										
	Biyela	a inombo	olo:										
	←	1	2	3	4	5	6	7	\rightarrow				
	No	t at all tr	ue			Sometir	nes True	А	lways True				
	Ау	onyani k	onke-ko	onke	Yinyaı	ni ngam	anye am	axesha	Kwasoloko	o iyinyani			

13.	When	I am bo	red I ca	n alway	s entert	.aiii iiiys	en unoug	ii iiiy c	ellphone.			
	Xa ndi	bhoreki	le ndina	ako uku:	zonwabi	isa nges	el'fowuni	yam.				
	Circle	one nur	mber:									
	Biyela	inombo	olo:									
	(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:											
	← Not	1 t at all ti	2 rue	3	4	5 Sometir	6 mes True	7 Al	→ ways True			
	No		rue			Sometir	nes True	Al	_	rinyani		
	No	t at all ti	rue			Sometir	nes True	Al	ways True	rinyani		
15.	No [†]	t at all ti onyani k	rue onke-ko	onke	Yinya	Sometir	mes True anye ama	Al	ways True	ʻinyani		
15.	No: Ayd I think	t at all ti onyani k cowning	rue onke-ko g a cellp	onke hone is	Yinya just a w	Sometir	mes True anye ama money.	Al	ways True	rinyani		
15.	Not Ayo I think Ndicin	t at all ti onyani k cowning	rue onke-ko g a cellp pa nesel	onke hone is	Yinya just a w	Someting ni ngam	mes True anye ama money.	Al	ways True	rinyani		
15.	Not Ayo I think Ndicin Circle	t at all ti onyani k cowning	rue onke-ko g a cellp pa nesel mber:	onke hone is	Yinya just a w	Someting ni ngam	mes True anye ama money.	Al	ways True	'inyani		
15.	Not Ayo I think Ndicin Circle	t at all to onyani k owning ga ukuk one nur	rue onke-ko g a cellp pa nesel mber:	onke hone is	Yinya just a w	Someting ni ngam	mes True anye ama money.	Al	ways True	rinyani		
15.	Ayo I think Ndicin Circle Biyela	t at all to onyani k owning aga ukub one nur inombo	onke-ko g a cellp pa nesel mber: plo:	onke hone is 'fowuni	Yinya just a w yinkcith 4	Someting ning am a steen of a see sha	mes True anye ama money.	Al xesha	ways True Kwasoloko iy	rinyani		
15.	North	t at all to onyani k owning ga ukuk one nur inombo 1	onke-ko g a cellp pa nesel mber: plo: 2	onke hone is 'fowuni	Yinya just a w yinkcith	Someting ni ngam raste of na xesha	mes True anye ama money.	Al xesha 7 Al	ways True Kwasoloko iy			

16.	Having	a cellph	one can	cause	conflicts	with fam	ily and f	riend	S.				
	Ukuba	nesel'fo	wuni ku	ıngaban	ga ingxo	gxo negx	abano k	wizihl	obo nezalamı	ne			
	Circle o	one num	ber:										
	Biyela	inombol	o:										
	(1	2	3	4	5	6	7	\rightarrow				
	Not	at all tru	ie		S	ometimes	s True	Al	ways True				
	Ayo	nyani ko	nke-kor	nke	Yinyani	ngamany	ye amax	esha	Kwasoloko i	yinyani			
17.	I don't	to know	everyth	ning on	the cellp	hone bed	cause it	is not	important to	me.			
	Andiya	zi yonke	into ek	wisel'fo	wuni ku	oa ezinye	izinto a	zibalu	ılekanga.				
	Circle o	one num	ber:										
	Biyela inombolo:												
	←	1	2	3	4	5	6	7	→				
	_		2	3	-	5 ometimes		_	→ ways True				
	Not	1	2 ie		S	ometimes	s True	Al		yinyani			
	Not	1 at all tru	2 ie		S	ometimes	s True	Al	ways True	yinyani			
18.	Not Ayo	1 at all tru nyani ko	2 ue nke-kor	nke	Si Yinyani	ometimes	s True ye amax	Al esha	ways True Kwasoloko i	yinyani			
18.	Not Ayo I think	1 at all tru nyani ko I am ver	2 nke-kor y compe	nke etent in	So Yinyani using ce	ngamany Ilphones,	s True ye amax /smartp	Al esha hones	ways True Kwasoloko i				
18.	Not Ayo I think Ndicing	1 at all tru nyani ko I am ver	2 nke-kor y compe	nke etent in	So Yinyani using ce	ngamany Ilphones,	s True ye amax /smartp	Al esha hones	ways True Kwasoloko i				
18.	Not Ayo I think Ndicing Circle o	1 at all tru nyani ko I am ver ga ukuba	2 nke-kor y compe n ndiyak	nke etent in	So Yinyani using ce	ngamany Ilphones,	s True ye amax /smartp	Al esha hones	ways True Kwasoloko i				
18.	Not Ayo I think Ndicing Circle o	1 at all tru nyani ko I am ver ga ukuba one num	2 nke-kor y compe n ndiyak	nke etent in	So Yinyani using ce	ngamany Ilphones,	s True ye amax /smartp	Al esha hones	ways True Kwasoloko i				
18.	Not Ayo I think Ndicing Circle of Biyela	at all trunyani ko I am ver ga ukuba one num inombol	2 nke-kor y compe n ndiyak ber: o: 2	nke etent in wazi uk	So Yinyani using ce usebenz	ngamany Ilphones, isa isel'fo	s True ye amax /smartp wuni/ifo	Al esha hones owuni	ways True Kwasoloko i S. yalamaxesha				
18.	Not Ayo I think Ndicing Circle of Biyela	at all trunyani ko I am ver ga ukuba one num inombol	2 nke-kor y compe n ndiyak ber: o: 2	etent in wazi uk	Si Yinyani using ce usebenz 4	ngamany Ilphones, isa isel'fo	s True ye amax /smartp wuni/ifo 6 s True	Al esha hones owuni 7	ways True Kwasoloko i				

19.	Ιp	ut a l	ot of e	fforts to	make s	ure I lea	arn every	thing on	a cellp	hone/sma	rtphone.	
	No	denza	ngako	konke (endinak	o ukuqir	nisekisa	ukab ndif	unda y	onke into	ekwisel'fov	vuni.
	Ciı	rcle o	ne num	nber:								
	Biy	yela i	nombo	lo:								
	(•	1	2	3	4	5	6	7	\rightarrow		
		Not	at all tr	ue		9	Sometim	es True	Al	ways True		
		Ayor	nyani ko	onke-ko	nke	Yinyar	ni ngama	nye ama:	xesha	Kwasolok	o iyinyani	
20.	۱h	iave r	o freed	dom to	use a ce	llphone						
	Ar	ndina	nkulule	ko yoku	ısebenz	isa isel'f	owuni ya	am.				
	Ciı	rcle o	ne nun	nber:								
	Biy	yela i	nombo	lo:								
	←	•	1	2	3	4	5	6	7	>		
		Not	at all tr	ue		g	Sometim	es True	Αl	ways True		
		Ayor	nyani ko	onke-ko	nke	Yinyar	ni ngama	nye ama:	xesha	Kwasolok	o 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:

 \leftarrow 1 2 3 4 5 6 7 \rightarrow

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.	Reco	rding do	wn and i	reviewir	ng what	I have ea	ten is ve	ry bori	ing.				
	Ukus	hicilela p	ohantsi n	okuhlal	utya end	dikutyiley	o kuyabl	nora.					
	Circle	e one nu	mber:										
	Biyel	a inomb	olo:										
	←	1	2	3	4	5	6	7	→				
	No	ot at all t	rue		9	Sometim	es True	Al	ways True				
	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani												
5.	I feel	that I ar	n not ve	ry good	at self-n	nonitorin	ng of diet	•					
	I feel that I am not very good at self-monitoring of diet. Ndiziva ndingenzi kakuhle kuphononongo lwesicwangciso-kutya												
	Circle one number:												
	Biyel	a inomb	olo:										
	←	1	2	3	4	5	6	7	→				
	No	ot at all t	rue		9	Sometim	es True	Al	ways True				
		onyani k		inke					Kwasoloko iy	vinvani			
	, , ,	onyami	torne no	TIKC	imyan	ii iigaiiiai	irye amaz	Cona	NW d3010NO 1	,,a			
_	1	£: d		a££:.	مناطمت المسا		ما مده ملطم		an aalf manita				
6.						_			an self-monito	-			
	Ndiqi sam	inisekile	ukuba n	dinolwa	zi olwan	ieleyo ng	ewndlela	ı yoku	phonononga i	sicwangciso-	kutya		
	Circle	e one nu	mber:										
	Biyel	a inomb	olo:										
	(1	2	3	4	5	6	7	\rightarrow				
	No	ot at all t	rue		S	Sometim	es True	Al	ways True				
	Ау	onyani k	konke-ko	nke	Yinyan	ni ngamaı	nye amax	esha	Kwasoloko iy	yinyani			

7.	Recor	ding and	d review	my die	et gives m	ne a lot	of room t	to choc	ose what I am going	g to eat.
		nicilela n kutya nt		nonong	ga isigcwa	angciso-	kutya sai	m kunc	linika ithuba lokuk	hetha ukuba
	Circle	one nui	mber:							
	Biyela	Inombo	olo:							
	←	1	2	3	4	5	6	7	→	
	No	t at all t	rue		S	Sometin	nes True	Al	ways True	
	Аус	onyani k	onke-ko	onke	Yinyan	ni ngama	anye ama	exesha	Kwasoloko iyinya	nni
8.	I think	c record	ing dow	n what	I have ea	nten is v	ery usefu	ıl for m	y health.	
	Ndicir	nga ukul	oa ukusł	nicilela _l	phantsi e	ndikudl	ileyo kub	aluleki	le empilweni yam	
	Circle	one nui	mber:							
	Biyela	inombo	olo:							
	(1	2	3	4	5	6	7	→	
	No	t at all t	rue		S	Sometin	nes True	Al	ways True	
	Аус	onyani k	onke-ko	onke	Yinyan	ni ngama	anye ama	ixesha	Kwasoloko iyinya	nni
9.	I am p	outting a	lot of e	fforts in	n followir	ng what	l eat by i	recordi	ng it in a diary.	
		nisele ka yari yan		kujong	eni into e	endizitya	ayo oku r	ndikujo	nga ngokushicilela	konke endikutya
	Circle	one nui	mber:							
	Biyela	inombo	olo:							
	(1	2	3	4	5	6	7	→	
	No	t at all t	rue		S	Sometin	nes True	Al	ways True	
	Аус	onyani k	onke-ko	onke	Yinyan	ni ngama	anye ama	exesha	Kwasoloko iyinya	nni

10.	10. I feel excited when I am able to examine the diary and reflecting on whether eating healthy or not.											
	Ndiziv	/a ndich	wyatile	ka ndihl	ola idaya	ari yam	ndibone	ukuba r	nditya ngokusemp	ilweni kwisini na.		
	Circle	one nui	mber:									
	Biyela	inombo	olo:									
	←	1	2	3	4	5	6	7	→			
	No	t at all t	rue		g	Sometin	nes True	Alı	ways True			
	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani											
4.4	Lam banguthat Lam ba abla ta wayiny my diam; and any my arranges an faller in a diat											
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 nui	mber:									
	Biyela	inombo	olo:									
	←	1	2	3	4	5	6	7	→			
	No	t at all t	rue		9	Sometin	nes True	Al	ways True			
	Аус	onyani k	onke-ko	nke	Yinyar	ni ngama	anye ama	axesha	Kwasoloko iyinya	ni		
12	l a : a a a	:	falla d	: - +		** *******	مانيم مرما			hoon option		
12.					-				ng what you have			
	Kulula ukulandela isicwangciso kutya xa uqale ngokushicilelela nokuhlalutya okudlayo.											
	Circle one number:											
	Circle	one nui	mber:									
		one nui										
				3	4	5	6	7	→			
	Biyela	inombo	olo: 2	3			6 nes True		→ ways True			

13.	H	have l	oeen en	joying re	viewing	g my diet	journal	(diary).		
	N	diyak	onwabe	la ukuhl	alutya id	dayari ye	esicwang	ciso-kuty	/a sam	l.
	Ci	ircle c	ne num	ıber:						
	Bi	iyela i	nombol	o:						
	(-	1	2	3	4	5	6	7	→
		Not	at all tru	ne		Sc	metimes	s True	Alv	vays True
		Ayo	nyani ko	nke-kon	ke	Yinyani	ngamany	ye amaxo	esha	Kwasoloko iyinyani
14.				y I don't at to eat		and revi	ew my di	iet is bed	cause I	have no choice when it comes to
				•	•		kusihlola tya ntoni	•	ngciso-	-kutya sam, kungokuba andinalo
	Ci	ircle c	ne num	ıber:						
	Bi	iyela I	nombol	lo:						
	(-	1	2	3	4	5	6	7	→
		Not	at all tru	ue		Sc	metimes	s True	Alv	vays True
		Ayo	nyani ko	nke-kon	ke	Yinyani	ngamany	ye amaxo	esha	Kwasoloko iyinyani
15.						-				ating is not useful at all.
	U	kushi	cilela no	kuhlola	idayari ı	ndijonga	ebendik	udlile ak	ubalu	lekanga konke-konke.
	Ci	ircle c	ne num	ıber:						
	Bi	iyela i	nombol	o:						
	(_	1	2	3	4	5	6	7	→
		Not	at all tru	ue		Sc	metimes	s True	Alv	vays True
		Ayo	nyani ko	nke-kon	ke	Yinyani	ngamany	/e amax	esha	Kwasoloko iyinyani

16.	5. I have a group of friends of where we encourage each other to record and review our diets.												
	Ndine zethu	-	ahlobo a	pho sikł	nuthazar	na khona	ngokusł	nicilela	nokuhlol	a izicwar	ngciso-kutya		
	Circle	one nur	nber:										
	Biyela	inombo	olo:										
	←	1	2	3	4	5	6	7	→				
	No	t at all tr	ue		Sc	Sometimes True Always True							
	Аус	onyani k	onke-koi	nke	Yinyani	ko iyinya	ni						
17.	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	→				
	No	t at all tr	ue		Sc	!							
	Ayo	onyani k	onke-koi	nke	Yinyani	ko iyinya	ni						
18.	I think	(I am do	oing quite	e well in	self-mo	nitoring	of diet.						
	Ndicir	nga ukub	a ndenz	a kakuhl	e kupho	nonongo	o lwesicv	vangci	so-kutya/	idayeti.			
	Circle	one nur	nber:										
	Biyela	inombo	olo:										
	(1	2	3	4	5	6	7	\rightarrow				
	No	t at all tr	ue		Sc	ometime	s True	Alv	ways True	!			
	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani										ni		

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: **←** 5 1 2 3 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: (5 1 2 3 4 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.

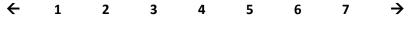
Icandelo D: Ukuzimisela ekunonopheleni ukuzilolonga, okunje ngokuhamba-hamba, ukubaleka njalo njalo.

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:



Not at all true Sometimes True Always True

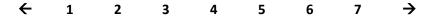
Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani

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:



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.											
		•	enamano I wokuno		•	onga ind	lela yokı	ıhamb	a-hamba kwam ngexa yokuba			
	Circle one number:											
	Biyela	Inombo	lo:									
	(1	2	3	4	5	6	7	→			
	Not	at all tr	ue		Sc	ometime	s True	Alw	vays True			
	Ayo	onyani ko	onke-kor	nke	Yinyani	ngaman	ye amax	Kwasoloko iyinyani				
4.		_					_		ng or running is a boring task. ke ngokwaneleyo ngumsebenzi			
	ocubh	ulayo.										
	Circle	one nun	nber:									
	Biyela	Inombo	lo.:									
	(1	2	3	4	5	6	7	→			
	Not	at all tr	ue		Sc	ometime	vays True					
	Ayo	onyani ko	onke-kor	nke	Yinyani	ngaman	ye amax	esha	Kwasoloko iyinyani			
5.						ve walke			•			
		·		nga ukul	ba ndiha	mbe um	gama on	gakana	ani ngosuku.			
	Circle	one nun	nber:									
	Biyela	Inombo	lo:									
	←	1	2	3	4	5	6	7	→			
	Not	at all tr	ue		Sc	ometime	s True	Alw	vays True			
	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani											

6.	I have	I have confidence that I can always be able to track down my activity level at any time.											
	Niqini	sekile u	ıkuba no	lisoloko	ndikwaz	i ukupho	ononong	a amah	landinyuke am na	ngaliphi naxesha.			
	Circle one number:												
	Biyela Inombolo:												
	(1	2	3	4	5	6	7	→				
	Not	t at all t	rue		S	Sometin	ways True						
	Ayo	onyani k	konke-k	onke	Yinyan	ni ngama	Kwasoloko iyinya	nni					
7.	I don'i	t have t	ime to t	rack my	walking	habits b	oecause l	am bus	sy.				
	Andinalo ixesha lokuphononga ukuhamba-hamba kwam kuba ndixakekile.												
	Circle one number:												
	Biyela Inombolo:												
	←	1	2	3	4	5	6	7	→				
	Not	t at all t	rue		9	Sometin	nes True	Alv	ways True				
	Ayo	onyani k	konke-k	onke	Yinyan	ni ngama	Kwasoloko iyinya	ni					
8.	I believe recording and reviewing of steps walked is very useful for fitness.												
	Ndikh	olwa ek	kubeni u	kuphon	ononga a	amanyat	thelo aha	njiweyo	o kubalulekile em _l	oilweni.			
	Circle	one nu	mber:										
	Biyela	Inomb	olo:										
	(1	2	3	4	5	6	7	→				
	Not at all true Sometimes True Always True												
	Ayo	onyani k	konke-k	onke	Yinyan	ni ngama	anye ama	xesha	Kwasoloko iyinya	nni			

9.	I will keep on putting more efforts in checking my walking habits more often.											
	Nd	dizak	uqhube	ka ndiph	nononor	iga ukuh	amba-ha	amba kw	am rh	oqo.		
	Ci	rcle o	one nun	nber:								
	Biy	yela I	nombo	lo:								
	(1	2	3	4	5	6	7	→		
		Not	at all tr	ue		So	metime	ways True				
		Ayo	nyani ko	onke-koi	nke	Yinyani	ngaman	Kwasoloko iyinyani				
10.	 Trust me tracking down of steps walked is quite thrilling. Ndithembe xa ndisithi ukuphonononga umgama owuhambileyo kwenza imincili. Circle one number: 											
	Biv	vela I	nombo	lo:								
	←		1	2	3	4	5	6	7	→		
		Not	at all tr	ue		So	metime	s True	Alv	ways True		
		Ayo	nyani ko	onke-koi	nke	Yinyani	ngaman	ye amax	Kwasoloko iyinyani			
11.	It i laz		y exciti	ng to ha	ve some	thing th	at can he	elp you t	o knov	w whether you have been active o		
	Ku	iyonv	vabisa ı	ukubane	nto eku	xelelayo	ukuba u	zilolongi	le oka	nye uvilaphile kwisini na		
	Cir	rcle c	ne nun	nber:								
	Biy	yela I	nombo	lo:								
	←		1	2	3	4	5	6	7	→		
		Not	at all tr	ue		So	metime	s True	Αlν	ways True		
	Not at all true Sometimes True Always True Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani											

12.	FOIIOV	ving up	on my v	vaiking	nabits in	a diary	nas neipe	ea me t	o become n	nore active.			
		ndela in olonga.	nikhwa	yam yol	kuhamba	ı ngokup	henya id	ayhari	kundincedil	e ekuhlaleni			
	Circle one number:												
	Biyela	Inombo	olo:										
	(1	2	3	4	5	6	7	→				
	No	t at all t	rue		9	Sometin	nes True	Al	ways True				
	Аус	onyani k	onke-k	onke	Yinyar	ni ngama	o iyinyani						
13.										ughout a day.			
	Kundonwabisa kakhulu ukuphonononga ukuba ndihambe umgama ongakani usuluku lonke												
	Circle one number:												
	Biyela Inombolo:												
	(1	2	3	4	5	6	7	\rightarrow				
	No	t at all t	rue		:								
	Ayo	onyani k	onke-k	onke	Yinyar	o iyinyani							
14.	I am feeling that it is not my choice to monitor my running and walking habits.												
	Ndiva	ngathi	ayikoku	thanda	kwam uk	kuphono	nonga uk	kubalek	a nokuham	ba-hamba kwa	m.		
	Circle	one nui	mber:										
	Biyela	Inombo	olo:										
	(1	2	3	4	5	6	7	→				
	No	t at all t	rue		9	Sometin	nes True	Al	ways True				
Not at all true Sometimes True Always True Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko										o iyinyani			

15.	5. I feel that tracking down of my walking habits cannot help me to become fit.										
	-			•	imikhwa esemand		kuhamb	a-ham	ba ayinakho	ukundinceda uk	uba
	Circle o	one num	ber:								
	Biyela	Inombol	o:								
	(1	2	3	4	5	6	7	→		
	Not	at all tru	ıe		So	metimes	True	Alv	vays True		
	Ayo	nyani ko	nke-kon	ke	Yinyani :	ngamany	ye amax	esha	Kwasoloko i	yinyani	
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	Inombol	o:								
	(1	2	3	4	5	6	7	→		
	Not	at all tru	ıe		So	metimes	True	Alv	vays True		
	Ayo	nyani ko	nke-kon	ke	Yinyani	ngamany	ye amax	esha	Kwasoloko i	yinyani	
17.		I have m Iking hat		ortant t	hings to	worry al	oout rath	ner tha	an spending i	my time monitor	ring
	•	-			nto eziba ga ukuha		•		khathaza nga	zo kunokuba	
	Circle o	one num	ber:								
	Biyela	Inombol	o:								
	(1	2	3	4	5	6	7	\rightarrow		
	Not	at all tru	ıe		So	metimes	s True	Alv	vays True		
	Ayonyani konke-konke Yinyani ngamanye amaxesha Kwasoloko iyinyani										

18.	I am	am proud that I am able to track my exercise habits throughout the week.												
	Ndiy	avuya, k	uba ndik	kwazi uk	unonoph	nela uku	zilolonga	kwam	iveki yonke.					
	Circl	Circle one number:												
	Biye	la Inomb	olo:											
	←	1	2	3	4	5	6	7	\rightarrow					
	N	ot at all	true		9	Sometin	nes True	Al	ways True					
	Α	yonyani	konke-k	onke	Yinyar	ni ngama	anye ama	xesha	Kwasoloko iy	vinyani				
19.		ng throug d to stay		y to revi	ew how	much I I	have wall	ked is a	very importa	nt reminder	that I			
	Ukuphenya idayari yam ndihlalutya umgama endiwumbileyo kubalulekile ekundikhumbuzeni ukuhlala ndisemandleni.													
	Circl	le one number:												
	Biye	la Inomb	olo:											
	(1	2	3	4	5	6	7	→					
	N	ot at all	true		9	Sometin	nes True	Al	ways True					
	Α	yonyani	konke-k	onke	Yinyar	ni ngama	/inyani							
20.	Revi	Reviewing of my walking pattern gives me lot of freedom to plan my exercises.												
	Ukuphonononga indlela yokuhamba-hamba kwam kundinika inkululeko yokuceba ukuzilolonga kwam.													
	Circl	e one nu	ımber:											
	Biye	la Inomb	olo:											
	(1	2	3	4	5	6	7	→					
	N	ot at all	true		9	Sometin	nes True	Al	ways True					
	Α	yonyani	konke-k	onke	Yinyar	ni ngama	anye ama	xesha	Kwasoloko iy	vinyani				