

GEMS ID

Initials

Date of Evaluation

 month

day

year

GEMS What I Think About Being Active

The next questions ask about what you think about physical activity. Please tell us if each statement below is true of you, sort of true of you or not true of you.

1. Doing physical activity will be fun.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
2. Doing physical activity will make me sweat too much.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
3. Doing physical activity will make me feel like I am not as good at sports as other kids.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
4. Doing physical activity will be hard because I am often chosen last to be on a team.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
5. Doing physical activity will be fun to do with friends.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
6. Doing physical activity will mess up my hair.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
7. Doing physical activity will make me feel clumsy.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
8. Doing physical activity will make me stronger	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
9. Doing physical activity will make me better at sports.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
10. Doing physical activity will keep me from gaining too much weight.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>

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Please tell us how much you agree or disagree with each statement. Participating in physical activity...

11. Doing physical activity will make others tease me.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
13. Doing physical activity will make me too tired.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
15. Doing physical activity will teach me a lot about health and fitness	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
17. Doing physical activity will take too much time.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
19. Doing physical activity will make me look better.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
21. Doing physical activity will cause me to get hurt.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>
23. Doing physical activity will help me to have more energy.	True of me <input type="checkbox"/>	Sort of true of me <input type="checkbox"/>	Not true of me <input type="checkbox"/>