

**Teach Well - Gimme 5 Atlanta  
R16 – Outcome Expectations – Adult**

**DIRECTIONS:** We want to know what you think will happen if you eat fruit and vegetables everyday. There are no right or wrong answers, just your opinion. Please select the response that best describes how much you agree or disagree with each of the below sentences.

<b>If I got regular exercise....</b>	<b>A Strongly Agree</b>	<b>B Agree a Little</b>	<b>C Unsure, Don't Know</b>	<b>D Disagree a little</b>	<b>E Strongly Disagree</b>
1. I would have more energy.	A	B	C	D	E
2. I would be able to keep my weight where I want it.	A	B	C	D	E
3. I would feel less tense/stressed.	A	B	C	D	E
4. I would feel more confident in myself.	A	B	C	D	E
5. I would be too tired to do other things during the day after exercising.	A	B	C	D	E
6. I would sleep more soundly.	A	B	C	D	E
7. I would feel more comfortable with my body.	A	B	C	D	E
8. It would be easier for me to perform routine physical tasks.	A	B	C	D	E
9. I would probably get injured.	A	B	C	D	E
10. I would not have enough time to do other things.	A	B	C	D	E
11. I would feel uncomfortable because I would get out of breath and my heart would beat very fast.	A	B	C	D	E
12. I would have a more positive outlook on life.	A	B	C	D	E
13. I would feel that I am being good to myself by taking care of my body.	A	B	C	D	E
14. I would have less time for my family and friends	A	B	C	D	E
15. I would spend too much money on clothes/shoes/equipment that I would need to do the exercise.	A	B	C	D	E
16. I would be a good example for my family and friends.	A	B	C	D	E

**If I ate five servings of fruit and vegetables every day....**

	<b>A</b> Strongly Agree	<b>B</b> Agree a Little	<b>C</b> Unsure, Don't Know	<b>D</b> Disagree a little	<b>E</b> Strongly Disagree
1. I would have more energy.	A	B	C	D	E
2. I would be able to keep my weight where I want it.	A	B	C	D	E
3. I would feel that I am being good to myself by eating healthy.	A	B	C	D	E
4. Other people would think I am healthy.	A	B	C	D	E
5. I would not enjoy eating.	A	B	C	D	E
6. I would have more flatulence or gas.	A	B	C	D	E
7. My food would cost too much.	A	B	C	D	E
8. My family would not enjoy eating it.	A	B	C	D	E
9. I would be less likely to get cancer or heart disease.	A	B	C	D	E
10. I would be a good example for my friends and family.	A	B	C	D	E

**If I ate foods low in fat every day....**

	<b>A</b> Strongly Agree	<b>B</b> Agree a Little	<b>C</b> Unsure, Don't Know	<b>D</b> Disagree a little	<b>E</b> Strongly Disagree
1. I would have more energy.	A	B	C	D	E
2. I would be able to keep my weight where I want it.	A	B	C	D	E
3. I would feel that I am being good to myself by eating healthy.	A	B	C	D	E
4. I would have to give up all my favorite foods.	A	B	C	D	E
5. My food would not taste as good.	A	B	C	D	E
6. I would have more flatulence or gas.	A	B	C	D	E
7. My food would cost too much.	A	B	C	D	E
8. My family would not enjoy eating it.	A	B	C	D	E
9. Other people would think I am healthy.	A	B	C	D	E
10. I would be less likely to get cancer or heart disease.	A	B	C	D	E