

Name: \_\_\_\_\_

Class: \_\_\_\_\_

**SCAFFOLD**

# Barriers to being active quiz

How likely are you to say ...		Very likely	Somewhat likely	Somewhat unlikely	Very unlikely
1	My day is so busy now. I just don't think I can make the time to include physical activity in my regular schedule.	3	2	1	0
2	None of my family members or friends like to do anything active, so I don't have a chance to exercise.	3	2	1	0
3	I'm just too tired after work to get any exercise.	3	2	1	0
4	I've been thinking about getting more exercise, but I just can't seem to get started.	3	2	1	0
5	I'm getting older so exercise can be risky.	3	2	1	0
6	I don't get enough exercise because I have never learnt the skills for any sport.	3	2	1	0
7	I don't have access to jogging trails, swimming pools, bike paths etc.	3	2	1	0
8	Physical activity takes too much time away from other commitments – like work, family, etc.	3	2	1	0
9	I'm embarrassed about how I will look when I exercise with others.	3	2	1	0
10	I don't get enough sleep as it is. I just couldn't get up early or stay up late to get some exercise.	3	2	1	0
11	It's easier for me to find excuses not to exercise than to go out and do something.	3	2	1	0
12	I know of too many people who have hurt themselves by overdoing it with exercise.	3	2	1	0
13	I really can't see myself learning a new sport at my age.	3	2	1	0
14	It's just too expensive. You have to take a class or join a club or buy the right equipment.	3	2	1	0
15	My free times during the day are too short to include exercise.	3	2	1	0
16	My usual social activities with family or friends do not include physical activity.	3	2	1	0
17	I'm too tired during the week and I need the weekend to catch up on my rest.	3	2	1	0
18	I want to get more exercise, but I just can't seem to make myself stick to anything.	3	2	1	0
19	I'm afraid I might injure myself or have a heart attack.	3	2	1	0
20	I'm not good enough at any physical activity to make it fun.	3	2	1	0
21	If we had exercise facilities and showers at work, then I would be more likely to exercise.	3	2	1	0

 Source: [www.cdc.gov/diabetes/ndep/pdfs/8-road-to-health-barriers-quiz-508.pdf](http://www.cdc.gov/diabetes/ndep/pdfs/8-road-to-health-barriers-quiz-508.pdf)

### Scoring

Follow these instructions to score yourself:

- Enter the circled number in the spaces provided, putting the number for statement 1 on line 1, statement 2 on line 2, and so on.
- Add the three scores on each line. Your barriers to physical activity fall into one or more of seven categories: lack of time, social influences, lack of energy, lack of willpower, fear of injury, lack of skill, and lack of resources. A score of 5 or above in any category shows that this is an important barrier for you to overcome.

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

1            8            15            Lack of time

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

2            9            16            Social influence

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

3            10            17            Lack of energy

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

4            11            18            Lack of willpower

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

5            12            19            Fear of injury

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

6            13            20            Lack of skill

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$

7            14            21            Lack of resources

My most important barriers are:

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