Dempsey Center Exercise Survey

1. What is the #1 barrier that is preventing me from exercising? Chose the BEST answer
   A. Medical Condition
   B. No time
   C. Lack of motivation
   D. Weather
   E. Other _____________________________
   F. Nothing, I already exercise regularly

2. What is the #1 influence that would help me to continue exercising? Chose the BEST answer
   A. My own motivation
   B. An exercise buddy
   C. A scheduled exercise plan
   D. Group exercise program
   E. Other _____________________________
   F. Advice from a healthcare provider

3. I would be interested in the following services from the Dempsey Center. Chose ALL that apply
   A. A scheduled walking group
   B. A phone tree that would allow me to invite other members to exercise with me
   C. A cardio/strength training class
   D. Other _____________________________

4. I reach the recommended 150min of moderate exercise a week
   YES ______  NO ______

5. Comments, Questions, Concerns _______________________________________________________
   _____________________________________________________________________
CMMC Diabetes Group Survey

A. What is preventing me from exercising?
______________________________________________________________________________
______________________________________________________________________________

B. What would help me to exercise?
______________________________________________________________________________
______________________________________________________________________________

C. I would be more willing to exercise if I had a partner? Yes ______ NO ______

D. I would be more willing to exercise if I had a scheduled commitment? Yes ______ NO ______
SCI Exercise Self-Efficacy Scale

Please tell us how confident you are with regard to carrying out regular physical activities.

**I am confident.**

<table>
<thead>
<tr>
<th></th>
<th>Not at all true</th>
<th>Hardly true</th>
<th>Moderately true</th>
<th>Exactly true</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. …that I could always overcome barriers and challenges with regards to exercise if I try hard enough.</td>
<td>☐</td>
<td>☐</td>
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<tr>
<td>2. …that I could find the means and ways to exercise and be physically active.</td>
<td>☐</td>
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<td>3. …that it is easy for me to accomplish my activity and exercise goals</td>
<td>☐</td>
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<tr>
<td>4. …that when I am confronted with a barrier to exercise I could usually find several solutions to overcome this barrier.</td>
<td>☐</td>
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<td>5. …I could exercise even when I am tired.</td>
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<td>6. …I could exercise even when I am feeling depressed.</td>
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<td>7. …that I could exercise even without the support of my family or friends.</td>
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<td>8. …that I could exercise without the help of an exercise therapist.</td>
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<td>9. …that I could be physically active despite my medical history</td>
<td>☐</td>
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<td>10. …that I could exercise even if I had no access to a gym or training facility.</td>
<td>☐</td>
<td>☐</td>
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