

Table 3 Possible M-PAC Measures

<u>Target Construct</u>	<u>Measures</u>	<u>Notes</u>
Instrumental Attitude/ Outcome Expectations	<ol style="list-style-type: none"> 1) LTPA Outcome Expectancy-Value Scale (Li, Seo, & Torabi, 2015) 2) Benefits of Physical Activity Scale (J. F. Sallis et al., 1989) 3) OE Scale (Anderson, Wojcik, Winett, & Williams, 2006) 4) Decisional Balance Scale for Exercise (Plotnikoff, Blanchard, Hotz, & Rhodes, 2001) 5) Outcome Expectancy Scale-Physical Exercise (Renner & Schwarzer, 2005) 6) Decisional Balance (Marcus et al., 1992) 7) Instrumental Attitude Measure (Rhodes & Courneya, 2003) 	<ol style="list-style-type: none"> 1) Complete scale p.34 2) Not open source 3) Description p.513 4) Complete scale p.197 5) Complete scale, p.22 6) Incomplete description p.258 7) Description p.133
Affective Judgments	<ol style="list-style-type: none"> 1) Affective Attitude (Rhodes & Courneya, 2003) 2) Intrinsic Regulation via BREQ-2 (Markland & Tobin, 2004) 3) PACES (Kendzierski & DeCarlo, 1991) 	<ol style="list-style-type: none"> 1) Description p.133-134 2) Complete questionnaire 3) Complete questionnaire p.647-651
Perceived Capability	<ol style="list-style-type: none"> 1) Capability measure (Williams & Rhodes, 2016) 2) Ability measure (Rhodes et al., 2006) 	<ol style="list-style-type: none"> 1) Complete questionnaire p. 647-651 2) Description p.123
Perceived Opportunity	<ol style="list-style-type: none"> 1) Opportunity (Rhodes et al., 2006) 	<ol style="list-style-type: none"> 1) Description p.124
Behavioral Regulation	<ol style="list-style-type: none"> 1) Behavioral Processes of Change Scale (Marcus et al., 1992) 2) Planning (Sniehotta, Schwarzer, Scholz, & Schuz, 2005) 3) Self-regulation questionnaire (Petosa, 1993) 4) Older adult self-regulation questionnaire (Umstattd, Motl, Wilcox, Saunders, & Watford, 2009) 	<ol style="list-style-type: none"> 1) Not open source 2) Description p.570-571 3) Complete questionnaire p. 380-384 4) Complete questionnaire p.110

Habit	<ol style="list-style-type: none"> 1) Self-Reported Habit Index (Verplanken & Orbell, 2003) 2) SRBAI (Gardner, Abraham, Lally, & De Bruijn, 2012) 3) Habit Process Measure (Grove, Zillich, & Medic, 2014) 4) Generic Multifaceted Automaticity Scale (GMAS) (Boiché, Marchant, Nicaise, Bison, 2016) 	<ol style="list-style-type: none"> 1) Complete scale p. 34 2) Description p.3 3) Description p. 381 4) Table p. 62
Identity	<ol style="list-style-type: none"> 1) Exercise identity Scale (D. F. Anderson & Cychosz, 1994) 2) Exercise Schema Questionnaire (Kendzierski, 1988) 3) Exercise role identity subscale (Wilson & Muon, 2008) 	<ol style="list-style-type: none"> 1) Complete scale p. 749 2) Description p. 48 3) Scale p.122

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