

Table 3 Possible M-PAC Measures

<u>Target Construct</u>	<u>Measures</u>
Instrumental attitude/ Outcome Expectations	<ol style="list-style-type: none"> <li>1) <a href="#">LTPA Outcome Expectancy-Value Scale</a> (Li, Seo, &amp; Torabi, 2015)</li> <li>2) Benefits of Physical Activity Scale (J. F. Sallis et al., 1989)</li> <li>3) OE Scale (Anderson, Janet, Wojcik, Winett, &amp; Williams, 2006)</li> <li>4) Decisional Balance Scale for Exercise (Plotnikoff, Blanchard, Hotz, &amp; Rhodes, 2001)</li> <li>5) Outcome Expectancy Scale-Physical Exercise (Renner &amp; Schwarzer, 2005)</li> <li>6) Decisional Balance (Marcus et al., 1992)</li> <li>7) Instrumental Attitude Measure (Rhodes &amp; Courneya, 2003)</li> </ol>
Affective Judgments	<ol style="list-style-type: none"> <li>1) Affective Attitude (Rhodes &amp; Courneya, 2003)</li> <li>2) Intrinsic Regulation via BREQ-2 (Markland &amp; Tobin, 2004)</li> <li>3) PACES (Kendzierski &amp; DeCarlo, 1991)</li> </ol>
Perceived Capability	<ol style="list-style-type: none"> <li>1) Capability measure (Williams &amp; Rhodes, 2014)</li> <li>2) Ability measure (Rhodes et al., 2006)</li> </ol>
Perceived Opportunity	<ol style="list-style-type: none"> <li>1) Opportunity (Rhodes et al., 2006)</li> </ol>
Behavioral Regulation	<p>Behavioral Processes of Change Scale (Marcus et al., 1992)</p> <p>Planning (Sniehotta, Schwarzer, Scholz, &amp; Schuz, 2005)</p> <p>Self-regulation questionnaire (Petosa, 1993)</p> <p>Older adult self-regulation questionnaire (Umstattd, Motl, Wilcox, Saunders, &amp; Watford, 2009)</p>
Habit	<ol style="list-style-type: none"> <li>1) Self-Reported Habit Index (Verplanken &amp; Orbell, 2003)</li> <li>2) SRBAI (Gardner, Abraham, Lally, &amp; De Bruijn, 2012)</li> <li>3) Habit Process Measure (Grove, Zillich,</li> </ol>

	& Medic, 2014)
Identity	<ol style="list-style-type: none"><li>1) Exercise identity Scale (D. F. Anderson &amp; Cychosz, 1994)</li><li>2) Exercise Schema Questionnaire (Kendzierski, 1988)</li><li>3) Exercise role identity subscale (Wilson &amp; Muon, 2008)</li></ol>