

Coding Guide for “Exercise” Exercise

Coding Guide for Good Things

Advantages or good things	Doer Count	Doer %	Non-Do Count	Non-Do %
Total doers and non-doers				
Health benefits/feel healthy				
Lose weight/control weight				
Can eat more (without gaining weight)				
Look better				
Reduce stress/more relaxed				
Feel better/more energy				
Sleep better				
Meet new people				
Get to socialize				
Feel safer (feel you could run or fight if attacked)				
Exercise is fun				

Coding Guide for Disadvantages or Bad Things

<i>Disadvantages or bad things</i>	Doer Count	Doer %	Non-Do Count	Non-Do %
Total doers and non-doers				
Takes up time				
Cuts into time with my family or friends				
Cuts into to work time				
Get sweat/dirty				
Might hurt myself				
Get tired				
Costs money				
Get lonely				
Not fun				

Coding Guide for Easier

Easier	Doer Count	Doer %	Non-Do Count	Non- Do %
Total doers and non-doers				
Convenient location (either health club or outdoor spot)				
Convenient hours for pool or gym				
Having a variety of exercise options				
Safe place (free from physical danger)				
Getting into a routine				
Planning				
Low cost				
Having an exercise buddy / partner				
Seeing results (stronger/slimmer/less stress, etc.)				
Motivation				
Employer/work flexibility				
Family support/flexibility				
Nice weather				

Coding Guide for Approves

People who approve of my spending time exercising	Doer Count	Doer %	Non-Do Count	Non-Do %
Total doers and non-doers				
Doctor/health professional				
Spouse/partner				
Children				
Parent or other family				
Employer				
Coworkers				
No one				
Me				
Friends				
Everyone				

Coding Guide for Disapproves

People who DISapprove of my spending time exercising	Doer Count	Doer %	Non-Do Count	Non-Do %
Doctor/health professional				
Spouse/partner				
Children				
Parent or other family				
Employer				
Coworkers				
No one				
Me				