

Exercise Motivation Inventory-2 (EMI-2)

Name: _____ Age: _____ Gender: _____

Please read the statements carefully and circle the appropriate number that reflects whether each statement is true for you personally or would be true if you exercised.

Use '0' if the statement is not true for you at all and '5' if it is very true. For partly true statements, choose '1', '2', '3', or '4' based on your feelings.

	Not at all true for me					Very true for me
1. To stay slim	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
2. To avoid ill-health	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
3. Because it makes me feel good	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
4. To help me look younger	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
5. To show my worth to others	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
6. To give me space to think	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
7. To have a healthy body	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
8. To build up my strength	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
9. Because I enjoy the feeling of exerting myself	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
10. To spend time with friends	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
11. Because my doctor advised me to exercise	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
12. Because I like trying to win in physical activities	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
13. To stay/become more agile	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
14. To give me goals to work towards	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
15. To lose weight	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
16. To prevent health problems	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
17. Because I find exercise invigorating	☐ 0	☒ 1	☐ 2	☐ 3	☐ 4	☐ 5
18. To have a good body	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
19. To compare my abilities with other peoples'	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
20. Because it helps to reduce tension	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
21. Because I want to maintain good health	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

22. To increase my endurance	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
23. Because I find exercising satisfying in and of itself	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
24. To enjoy the social aspects of exercising	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
25. To help prevent an illness that runs in my family	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
26. Because I enjoy competing	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
27. To maintain flexibility	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
28. To give me personal challenges to face	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
29. To help control my weight	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
30. To avoid heart disease	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
31. To recharge my batteries	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
32. To improve my appearance	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
33. To gain recognition for my accomplishments	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
34. To help manage stress	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
35. To feel more healthy	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
36. To get stronger	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
37. For enjoyment of the experience of exercising	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
38. To have fun being active with other people	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
39. To help recover from an illness/injury	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
40. Because I enjoy physical competition	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
41. To stay/become flexible	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
42. To develop personal skills	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
43. Because exercise helps me to burn calories	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
44. To look more attractive	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
45. To accomplish things that others are incapable of	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
46. To release tension	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
47. To develop my muscles	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
48. Because I feel at my best when exercising	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
49. To make new friends	☐ 0	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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|--|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|
| 50. Because I find physical activities fun,
especially when competition is involved | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ 5 |
| 51. To measure myself against personal standards | ☐ 0 | ☐ 1 | ☐ 2 | ☐ 3 | ☐ 4 | ☐ 5 |

TOTAL SCORE:

Scoring

The scoring key for the Exercise Motivation Inventory-2 (EMI-2) is as follows:

- Each item in the EMI-2 is rated on a 6-point Likert scale, ranging from 0 to 5.
- Participants circle the number that best reflects their agreement with each statement.
- For each subscale (category of exercise motivation), sum the scores of the items belonging to that subscale.
- The total score for each subscale represents the participant's level of motivation in that specific category.
- Higher scores indicate stronger motivation in the corresponding subscale.

Participants' total scores across all 14 subscales provide a comprehensive overview of their overall exercise motivation profile. These scores can be used to assess individual motives for exercise and tailor interventions accordingly.

Reference

Ingledew, D.K.I., Markland, D. and Medley, A. (1998). Exercise motives and Stages of Change. *Journal of Health Psychology*, 3, 477-489.