

## Exercise Regimen Behavioral Snapshot – 8 Items (ER-BSA-8™)

You said you are trying to exercise regularly or be more physically active. Many people find it challenging to stay consistent. We'd like to hear about your experience. There are no right or wrong answers — please answer based on your personal experience in the past 7 days.

### 1. Missed Sessions

In the past week, have you missed any planned exercise or physical activity?

☐ No ☐ Yes, once ☐ Yes, more than once

### 2. Self-Directed Deviation

Have you intentionally skipped or modified your exercise plan without a specific reason from your trainer or healthcare provider?

☐ No ☐ Yes, once ☐ Yes, more than once

### 3. Outcome-Driven Change

Have you skipped or modified your exercise because you felt tired, sore, stressed, or unmotivated?

☐ No ☐ Yes, once ☐ Yes, more than once

### 4. Contextual / Routine Lapse

Have situations such as being busy, traveling, or changes in your routine caused you to miss planned exercise?

☐ No ☐ Yes, once ☐ Yes, more than once

### 5. Recent Compliance

The last time you planned to exercise, did you complete your activity as intended?

☐ No ☐ Yes, once ☐ Yes, more than once

### 6. Intentional Relaxation

When you feel your fitness or health has improved, have you taken longer breaks or reduced your exercise intentionally?

☐ No ☐ Yes, once ☐ Yes, more than once

### 7. Perceived Difficulty / Burden

Has following your exercise plan felt difficult, stressful, or overwhelming in the past week?

☐ No ☐ Yes, once ☐ Yes, more than once

### 8. Consistency / Memory

Has your overall adherence to your exercise plan felt inconsistent or irregular compared with your intended routine?

☐ No ☐ Yes, once ☐ Yes, more than once

Please speak with your healthcare provider if you have questions about your medications or if there are things making it difficult to take them as prescribed. Adherence is a journey, not a test—your answers help illuminate the path.