

## **Exercise Regimen-MMAS-8 (ER-MMAS-8)**

### **Preface**

**You said you are trying to be more physically active or exercise regularly. Many people find it hard to stay consistent. We'd like to know about your experience. Please answer based on the past 2 weeks.**

- 1. Do you sometimes forget that you are trying to be more active or exercise?**  
☐ Yes      ☐ No
- 2. People sometimes skip exercise for reasons other than forgetting. In the past 2 weeks, were there any days you didn't do your planned activity or movement?**  
☐ Yes      ☐ No
- 3. Have you ever skipped exercise without telling anyone because you felt tired, sore, or not in the mood?**  
☐ Yes      ☐ No
- 4. When you're traveling or busy, do you sometimes forget to move or exercise like you planned?**  
☐ Yes      ☐ No
- 5. Did you complete your exercise the last time you planned to?**  
☐ Yes      ☐ No
- 6. When you feel your health is better, do you sometimes stop exercising or take longer breaks?**  
☐ Yes      ☐ No
- 7. Some people feel it's hard to stick with being active. Do you ever feel it's too difficult to stay on track with exercise?**  
☐ Yes      ☐ No
- 8. How often do you have trouble remembering your plan to be active or exercise?**  
☐ Never      ☐ Rarely      ☐ Sometimes      ☐ Often      ☐ Always

**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.**