**Supplemental Digital Content1**

**Appendix 1**

– Intrinsic motivation and behavioral regulation of physical activity questions. Asterisk denotes trimmed items in re-specified model.

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| Intrinsic motivation |  |  |  |  |
| I am physically active because it’s fun | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I enjoy being physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I find physical activity a pleasurable activity | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| \*I get pleasure and satisfaction from participating in physical activities | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Integrated regulation |  |  |  |  |
| Being physically active is consistent with my values, goals, and aims in life | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Being physically active is genuinely a part of me | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Doing physical activities and being myself can’t be separated | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Being physically active is essential to my identity and sense of self | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Identified regulation |  |  |  |  |
| I value the benefits of physical activity | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| It’s important for me to be physically active regularly | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I think it is important to make the effort to be physically active regularly | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| \*I get restless if I’m not physically active regularly | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Introjected regulation |  |  |  |  |
| I feel guilty when I am not physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I feel ashamed when I miss an opportunity to be physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I feel like a failure when I haven’t been physically active in a while | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| External regulation |  |  |  |  |
| \*I am physically active because other people say I should | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I take part in physical activities because my friends or family say I should | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I am physically active because others will not be pleased with me if I’m not | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I feel under pressure from my friends/family to be physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| Amotivation |  |  |  |  |
| I don’t see why I should have to be physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I can’t see why I should bother being physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| I don’t see the point of being physically active | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| \*I think being physically active is a waste of time | Not at all true for me | A little untrue for me | A little true for me | Very true for me |