**Supplemental Digital Content2**

**Appendix 2**

 - Self-schema questions

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. I AM SOMEONE WHO EXERCISES REGULARLY
 | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| How important is it to you to BE SOMEONE WHO EXERCISES REGULARLY?  | Very unimportant | Somewhat unimportant | Somewhat important | Very important |
| 1. I AM SOMEONE WHO KEEPS PHYSICALLY FIT
 | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| How important is it to you to BE SOMEONE WHO KEEPS PHYSICALLY FIT? | Very unimportant | Somewhat unimportant | Somewhat important | Very important |
| 1. I AM PHYSICALLY ACTIVE
 | Not at all true for me | A little untrue for me | A little true for me | Very true for me |
| How important is it to you to BE SOMEONE WHO IS PHYSICALLY ACTIVE? | Very unimportant | Somewhat unimportant | Somewhat important | Very important |