**Supplemental Digital Content2**

**Appendix 2**

- Self-schema questions

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| --- | --- | --- | --- | --- |
| 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 |