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## **Running Self-Efficacy Questionnaire**

Using the scales listed below please indicate how **confident** you are that you will be able to **run at a moderate intensity** for the given amount of minutes **per week**. When you're running at a moderate intensity, you breathe heavily but you can still hold a short conversation.

	Not a	t all	Moderately				Hi	Highly confident			
(	confic	lent	confident								
Ω	10	20	30	40	50	60	70	80	90	100	



The mean of all confidence ratings is used as an index measure.