

Exercise Satisfaction Audit

What kind of exercise would be most satisfying for your child? In order to determine the best type of exercise program that would not only benefit her the most but also give the most pleasure, take a minute and administer this assessment. Have your child mark her opinion about these interests on the following items by circling one of four responses: *agree very much* (4), *agree mostly* (3), *disagree mostly* (2), *disagree very much* (1).

	Agree Very Much	Agree Mostly	Disagree Mostly	Disagree Very Much
1. I do keep my lifestyle orderly and routine.	4	3	2	1
2. I think that I am a competitive person and I like that part of me.	4	3	2	1
3. I go out of my way to be with other people.	4	3	2	1
4. I am stressed most of the time by expectations made of me.	4	3	2	1
5. I find that I will put things off easily that I really do not want to do.	4	3	2	1
6. I like to do things quickly and accomplish tasks in short order.	4	3	2	1
7. I need support from others to do difficult tasks.	4	3	2	1
8. I like to set priorities for the most important tasks.	4	3	2	1
9. Sometimes I need structure to start a project.	4	3	2	1
10. I like to see progress in whatever I do.	4	3	2	1
11. I find it easier to complete projects if I am with a group of people.	4	3	2	1
12. I would describe myself as an extroverted person.	4	3	2	1
13. I really enjoy teamwork and working together for a common goal.	4	3	2	1
14. I do not like exercising for long periods at a time.	4	3	2	1

15.I would rather work out with another person than work out by myself.	4	3	2	1
16.I do not feel that I have completed a good workout unless I have exerted 100 percent of my effort.	4	3	2	1
17.I find group activities a lot more fun than doing things by myself.	4	3	2	1
18.I like to do exercises that make my muscles bigger.	4	3	2	1
19.I like a sport activity in which I am being challenged by another person.	4	3	2	1
20.I do like exercises that last a short time.	4	3	2	1

Scoring

Add the scores for only the odd-numbered statements and write the total in the place below. Then, add the scores for the even-numbered items and write the total in the space below.

Sum for odd-numbered statements _____

Sum for even-numbered statements _____

ODD-NUMBERED ITEMS: GROUP ACTIVITIES VS. SOLITARY ACTIVITIES

33–40: Your child is more comfortable working out in a group than doing solitary exercises, and usually finds shared participation with others helpful to her own motivation. The support of friends helps her in following through with an exercise routine. You should help your child plan an exercise program with group participation.

24–32: Your child enjoys group exercises mostly, but his most important pleasure comes when there is mutual support and cooperation, as opposed to competition. Your child tends not to want to “beat” another person in a game, but would rather enjoy some activity mutually.

18–23: Your child desires to plan an individual exercise program with a personal agenda and sense of order. He tends to find pleasure in activities that may have other participants, but where each member of the group has personal goals.

10–17: Your child’s most enjoyable exercises are those she does by herself without the distracting frustration of working with others. Your child likes to focus on internal goals, rather than external expectations. Some of these goals may not just be targeted on strengthening body or building endurance, but be done for relaxation and to help in achieving an overall sense of harmony.

EVEN-NUMBERED ITEMS:

EXTERNAL OBJECTIVES SATISFACTION

VS. INTERNAL OBJECTIVES SATISFACTION

33–40: Short-term goals and immediate satisfaction are the motivating incentives for your exercise programs. Your child likes to *get things done* and move on through a daily schedule. For your child, a successful exercise program will be specific to goals set for himself, and the accomplishment of these goals is deliberate and focused. Make sure that the plan is achievable, with short-term goals that are realistic.

24–32: Your child enjoys *getting somewhere* and making some progress when she exercises. It helps to select exercises that have quantifiable measures, such as walking or jogging a measurable distance with a goal of extending that distance or increasing the pace. Weight lifting works well because the weight can be adjusted upward or the number of repetitions can gradually be increased as determinates of progress. Almost any exercise can be quantifiable, and your child can remain motivated by establishing an expanding set of measurements that you personally hold out as challenges for success.

17–23: Your child is more motivated by the consistency and discipline of exercising rather than making progress on a short-term basis. For example, he would be more motivated to walk or jog one or two miles each day and feel some internal success and pride, rather than use speed, endurance, or distance as external measures of success. The feat of personal and disciplined accomplishment is more important than achieving quantifiable improvements.

10–16: Your child is a person who is more internally motivated by her body needs. Success comes from how her body feels rather than through some objective, external measure. Exercises such as walking, jogging, or swimming can make a child feel good inside and will provide a sense of harmony and balance.

Exercise Selection for Maximum Satisfaction

The final step is to combine the “group activities vs. solitary activities” dimension with the “external objectives satisfaction vs. internal objectives satisfaction” dimension into one blended choice. On the square below, find the scores cross-referenced according to the odd- and even-numbered item sums. Within each of the boxes are examples of exercises where you will likely find the greatest satisfaction according to your child’s exercise assessment. Remember these are only examples, and personal selections may be more relevant to lifestyle, experiences, and specific interests.

CHOICES OF EXERCISES ACCORDING TO PERSONAL NEEDS ASSESSMENT

	Group Activities (odd 24-40)	Solitary Activities (odd 10-23)
External Objectives (even 24-40)	Tennis, group running, soccer, baseball, basketball, rock climbing, volleyball, racquetball, group exercise, dancing	Weight training, solo running, speed running, endurance, competitive swimming
Internal Objectives (even 10-23)	Cross-country group running, aerobic dance, tai chi (group), martial arts, group walking and hiking	Stationary bike, treadmill, strength training, stair climb, yoga, solo running and walking