

Example Codebook from Physical Activity Study

Code	Description	Example
Satisfaction	Satisfaction with amount or type of exercise. Also applies to enjoyment of exercise. Can be used positively (am satisfied) or negatively (am not satisfied).	"I wish I could exercise more." / "A lot of my exercise was fun, so I enjoyed it. It didn't feel like exercise."
Reasons for exercise	Reasons participants choose to exercise, or would like to exercise more. Use for reasons that influence long term or short term exercise goals. Do not use for motivational factors that might influence a person to workout on any given day.	"It makes me feel a lot better, emotionally as well as physically. And then...the health benefits are up there"
Motivation to exercise	Drive to engage in exercise. Applies to factors that cause a participant to follow through on their intention to exercise. Can be used positively (am motivated) or negatively (am not motivated).	"...after a long day of work I just don't feel like going"
Barriers	Factors that keep a participant from exercising. Applies to people, e.g. family members who discourage exercise, or situations, e.g. lack of time to exercise.	"Well, since I'm kinda in the process of moving I cancelled my gym membership. So with that I haven't really been exercising."
Facilitators	Factors that enable exercise. Applies to people, e.g. family members who encourage exercise, or situations, e.g. access to a gym.	"I have a little bit more time on my schedule to be able to go to the gym and pay for my gym membership " / "when I was living with a roommate, we...had a fairly consistent workout routine"