Reference List for Project GRAD Measures
Revised February 2000

Project GRAD used an extensive set of measures in an attempt to explain mediators of physical activity. This reference list may help you understand and use the measures on the GRAD survey. Most of these measures have been described in publications from GRAD.


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Barriers to Physical Activity


Benefits of Physical Activity


Body Image


Enjoyment


Life Experiences Survey


Perceived Physical Environment

Describe Your Environment


Seven-day Physical Activity Recall (PAR) Interview


**Physical Activity Readiness Questionnaire (PAR-Q)**


**Processes of Change**


**Pros/Cons**


**Quality of Life**


**Self Efficacy for Exercise**

Exercise Confidence


**Social Support for Exercise**


**Stages of Change**


Youth Risk Behavior Survey (YRBS)
General Health - National College Health Risk Behavior


