

Exploring the feasibility of an exercise programme including aerobic and resistance training in people with limited cutaneous systemic sclerosis.

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Appendix C

Intentions for engagement to exercise

Please rate the extent to which you agree with the following statements.

1) I intend to engage in the type of exercise I performed today at least 2 times per week during the next month.

1	2	3	4	5	6	7
Very unlikely	Unlikely	Slight unlikely	Neutral	Slight likely	Likely	Very likely

2) I intend to engage in the type of exercise I performed today at least 3 times per week during the next month.

1	2	3	4	5	6	7
Very unlikely	Unlikely	Slight unlikely	Neutral	Slight likely	Likely	Very likely