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