

PMQ

Below are some reasons that people give for participating in sports. Read each item carefully and decide if that item describes a reason why you participate in your sport. Mark an "X" to indicate if that reason is Very Important, Somewhat Important, or Not at all Important for you.

	Very Important	Somewhat Important	Not at all Important
1. I want to improve my skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I want to be with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I like to win	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I want to get rid of energy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I like to travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I want to stay in shape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I like the excitement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I like the teamwork	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My parents or close friends want me to play	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I want to learn new skills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I like to meet new friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I like to do something I'm good at	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I want to release tension	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I like the rewards	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I like to get exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I like to have something to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I like the action	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I like the team spirit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I like to get out of the house	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I like to compete	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. I like to feel important	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I like being on a team	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I want to go on to a higher level	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I want to be physically fit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. I want to be popular	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I like the challenge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. I like the coaches or instructors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. I want to gain status or recognition	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. I like to have fun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I like to use the equipment or facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Instructions:

From the reasons listed above, go back and circle the numbers of the three most important for you. Of the three numbers you circled, place a 1 by the most important, 2 by the second most important, and 3 by the third most important.