

## Identifying Barriers to Physical Activity Worksheet

A barrier is something that prevents you from doing what you want to or what you should be doing. Below are some common barriers to physical activity. It is helpful to review these barriers and then rate each one with regards to how much of a barrier it is to **YOU**.

**How much is this a barrier for you?**

**No Barrier**

**Major  
Barrier**

	0	1	2	3	4	5
Time	0	1	2	3	4	5
Lack of energy	0	1	2	3	4	5
Lack of motivation	0	1	2	3	4	5
Lack or cost of transportation	0	1	2	3	4	5
Cost of a physical activity program	0	1	2	3	4	5
Lack of a partner and/or support from others	0	1	2	3	4	5
I have other areas of my life that I feel take priority in my day	0	1	2	3	4	5
I've tried before and it didn't work	0	1	2	3	4	5
Don't feel comfortable being active	0	1	2	3	4	5
Fear of progression of diabetes or other health complications	0	1	2	3	4	5
Fear of injury or re-injury	0	1	2	3	4	5
Fear of low blood sugar during or after physical activity	0	1	2	3	4	5
	0	1	2	3	4	5
	0	1	2	3	4	5
	0	1	2	3	4	5
	0	1	2	3	4	5