



Study ID

Intention and Motivation – Participant

A. Today's Date is:
 Month Day Year

1. Please circle the number beside each question to tell us how much each statement applies to you, where **0 is definitely not** and **10 is definitely**.

	Definitely Not		Probably Not			Maybe		Probably			Definitely
1a. I plan to manage my diabetes.	0	1	2	3	4	5	6	7	8	9	10
1b. I am trying to manage my diabetes.	0	1	2	3	4	5	6	7	8	9	10
1c. It is important for me to manage my diabetes.	0	1	2	3	4	5	6	7	8	9	10
1d. I can manage my diabetes.	0	1	2	3	4	5	6	7	8	9	10

2. Please circle the number beside the question to tell us how much each statement applies to you, where **1 is not motivated at all** and **10 is very motivated**.

How motivated am I to:	Not Motivated At All										Very Motivated
2a. check my blood sugar?	1	2	3	4	5	6	7	8	9	10	
2b. take my insulin?	1	2	3	4	5	6	7	8	9	10	
2c. eat a healthy diet?	1	2	3	4	5	6	7	8	9	10	
2d. get enough exercise?	1	2	3	4	5	6	7	8	9	10	