

Appendix A

Interview Questions

Psychological factors

1. Attitudes -

- a. How would describe your overall attitude toward CrossFit®?
- b. Has CrossFit® changed your mentality about your lifestyle? If so, could you describe how?
- c. Would you say that CrossFit® is now a part of your lifestyle? If so, how?

2. Perceived barriers to exercise -

- a. Can you describe if there is anything that makes attending CrossFit® difficult?
- b. What obstacles did you overcome when beginning CrossFit®? (e.g., money, fear)
- c. What is the most difficult aspect of CrossFit®?
- d. How have you overcome some of these difficulties?

3. Enjoyment of exercise -

- a. Do you enjoy CrossFit®? If so, please describe what you enjoy about CrossFit®?
- b. Describe when you first learned about CrossFit® and what made it appealing to you?

4. Outcome of expectancy values (expected benefits) -

- a. What benefits do you feel you will gain if you continue to attend CrossFit®?
- b. What is the most rewarding aspect of doing CrossFit®?
- c. How much do you spend monthly on CrossFit®? Do you feel this is a valuable investment? If so, why?

5. Health locus of control -

- a. Do you feel that you are in control of your own exercise habits?
- b. In the time between when you had learned about CrossFit® and joined, what were some of your thoughts/concerns?
- c. How did you/others address those concerns?

6. Intention to exercise -

- a. How long after hearing about CrossFit® did you decide to join?
- b. How long did you know about CrossFit® before you joined?

7. Knowledge of health & exercise -

- a. How would describe your knowledge of health & exercise?

8. Perceived lack of time -

- a. Do you feel that time is a barrier you have to overcome to attend CrossFit®? If yes, can you describe an instance(s) when this was the case?

9. Mood disturbances -

- a. Can you describe if your mood changes during or after CrossFit®?

10. Normative beliefs -

- a. Can you describe what other people say when you tell them that you do CrossFit®?

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11. Self-efficacy -

- a. Can you describe your confidence in relation to CrossFit®?
- b. Has your perception of yourself and/or your ability changed from the first day you started CrossFit® to now?
- c. Can you describe these changes for me?

12. Self-motivation -

- a. Can you describe your motivation in relation to CrossFit®?
- b. Was there a day or time when you were not in the mood to do your CrossFit® workout but went anyway, describe for me what "got you to the gym"?
- c. Looking back, what would you say has inspired you the most to continue your CrossFit® training?
- d. Now that you have been doing CrossFit® for over 6 months, what continues to get you to the gym to do the workouts?
- e. If there is a memory, story or feeling that could bring to life how CrossFit® motivates you, what would it be?

13. Self-schemata for exercise (self-image as an exerciser) -

- a. Describe what it means to be a "CrossFitter."

Behavioral attributes and skills:

14. Activity history during childhood/youth -

- a. Can you describe your PA during childhood?

15. Activity history during adulthood -

- a. Before joining CrossFit®, can you describe your PA patterns during adulthood?

16. Dietary habits (quality) -

- a. How would you describe the overall quality of your diet?

17. Past exercise programs -

- a. Before CrossFit® have you participated in any other structured exercise programs? If so, please describe?
- b. Could you describe your fitness level and/or exercise behavior before joining Cross Fit?

18. Processes of changes -

- a. Can you explain in as much detail as possible how you got started with CrossFit®?
- b. Tell me about your first day of CrossFit®. What do you remember?
- c. When you tell someone about your CrossFit® journey, what do you say?

Social & Cultural factors:

19. Class Size -

- a. Can you describe the average class sizes for your CrossFit®?

20. Exercise Models -

- a. Can you describe what types of exercise you do?

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21. Group cohesion –

- a. Can you explain in as much detail as possible the atmosphere in your group classes?

22. Past family influences –

- a. Can you describe the role your family has played in your physical activity experiences?

23. Social support from friends/peers –

- a. Can you describe any social support you may receive from friends/peers regarding CrossFit®?

24. Social support from spouse/family –

- a. Can you describe any social support you may receive from spouse/partner/family regarding CrossFit®?

25. Social support from staff/instructor –

- a. Can you describe any social support you may receive from the CrossFit® instructors or staff?

26. Social support –

- a. Do you recall a time when you needed encouragement in order to keep up with the CrossFit® regimen?
- b. Would you be willing to share with me all that you remember about the encouragement you received (e.g., who it was from, how did you feel, etc.)?

27. Culture –

- a. If you had to describe the CrossFit® culture to someone who knew nothing about it, how would you describe it?

Physical environment factors:

28. Access to facilities (actual) –

- a. Can you describe your access to your regular CrossFit® gym?

29. Climate/season –

- a. Can you describe if the climate/season has affected your attendance at CrossFit®?

30. Disruptions in routine –

- a. Can you describe any disruptions you may have had from your CrossFit® routine?

Physical activity characteristic:

31. Intensity –

- a. Can you describe in as much detail as possible your personal intensity level during a regular CrossFit® session?

32. Perceived exertion –

- a. Can you describe in as much detail as possible how hard you feel a regular CrossFit® session is?