**Appendix: Initial Item Inventory of the BMZI for Adolescence and Young Adulthood**

**Table 1. Initial Item Inventory of the BMZI for Adolescence and Young Adulthood**

| Intended motives and goals | Item | German version | English version | Source |
| --- | --- | --- | --- | --- |
| Contact | con1a | Um mit anderen gesellig zusammen zu sein. | To be social with others. | Lehnert et al. (2011) |
| con2a | Um etwas in einer Gruppe zu unternehmen. | To do something in a group. | Lehnert et al. (2011) |
| con3a | Um dabei Freunde/Bekannte zu treffen. | To meet friends and acquaintances. | Lehnert et al. (2011) |
| con4a | Um dadurch Menschen kennen zu lernen. | To get to know people. | Lehnert et al. (2011) |
| con5a | Um durch den Sport neue Freunde zu gewinnen. | To make new friends through exercise. | Lehnert et al. (2011) |
| Competition/Performance | comper1a | Um mich mit anderen zu messen. | To compete with others. | Lehnert et al. (2011) |
| comper2a | Weil ich im Wettkampf aufblühe. | Because I thrive on competition. | Lehnert et al. (2011) |
| comper3a | Um sportliche Ziele zu erreichen. | To achieve my exercise goals. | Lehnert et al. (2011)  |
| comper4 | Um bessere Leistungen als andere zu erreichen. | To achieve better performances than others. | Rogers (2000) |
| comper5 | Um meine sportlichen Fähigkeiten zu verbessern | To improve my physical skills. | Gill et al. (1983) |
| comper6 | Um meine Technik in einer Sportarten zu verbessern. | To improve my technique in a sporting activity. | Gill et al. (1983) |
| comper7c | Um mein Leistungsniveau zu erhöhen. | To increase my level of performance. | Own formulation |
| Distraction/Catharsis | discat1a | Um Ärger und Gereiztheit abzubauen. | To reduce anger and tension. | Lehnert et al. (2011) |
| discat2a | Weil ich mich so von anderen Problemen ablenke. | To distract myself from other problems. | Lehnert et al. (2011) |
| discat3a | Um Stress abzubauen. | To reduce stress. | Lehnert et al. (2011) |
| discat4a | Um meine Gedanken im Kopf zu ordnen. | To organize my thoughts. | Lehnert et al. (2011) |
| Body/Appearance | bodapp1a | Um abzunehmen. | To lose weight. | Lehnert et al. (2011) |
| bodapp2a | Um mein Gewicht zu regulieren. | To regulate my weight. | Lehnert et al. (2011) |
| bodapp3a | Wegen meiner Figur. | Because of my body shape. | Lehnert et al. (2011) |
| bodapp4b | Um einen attraktiven Körper zu haben. | To have an attractive body. | Cash and Labarge (1996) |
| bodapp5b | Um mein körperliches Aussehen zu verbessern | To improve my physical appearance. | Sebire et al. (2008)  |
| bodapp6b | Um einen sportlichen Körper zu haben. | To have an athletic body. | Own formulation  |
| bodapp7b | Um meinen Körper zu formen. | To shape my body. | Schmid et al. (2017) |
| Health | hea1a | Vor allem um meinen Gesundheitszustand zu verbessern. | Primarily for health reasons. | Lehnert et al. (2011) |
| hea2a | Vor allem aus gesundheitlichen Gründen. | Primarily to improve my state of health. | Brehm and Pahmeier (1998) |
| hea3a | Um körperlichen Beschwerden entgegenzuwirken. | To work against physical health problems. | Own formulation |
| Fitness | fit1a | Um mich in körperlich guter Verfassung zu halten. | To keep myself in good physical shape. | Lehnert et al. (2011) |
| fit2a | Vor allem um fit zu sein. | Primarily to be fit. | Lehnert et al. (2011)  |
| fit3a | Vor allem um etwas für meine körperliche Fitness zu tun.  | Primarily to do something for my physical fitness. | Brehm and Pahmeier (1998) |
| Activation/Enjoyment | actenj1b | Um mich zu entspannen. | To relax me. | Lehnert et al. (2011) |
| actenj2b | Vor allem aus Freude an der Bewegung. | Primarily due to joy of move. | Lehnert et al. (2011) |
| actenj3b | Um neue Energie zu tanken. | To replenishnew energy. | Lehnert et al. (2011) |
| Aesthetics | aes1a | Weil Sport mir die Möglichkeit für schöne Bewegungen bietet. | Because exercise offers the possibility for beautiful movements. | Lehnert et al. (2011) |
| aes2a | Um schöne Bewegungen zu erleben. | To experience beautiful movements.  | Own formulation  |
| aes3 | Um harmonische Bewegungen zu erleben. | To experience harmonious movements. | Own formulation |
| Risk/Challenge | rischa1ac | Um etwas zu wagen. | To dare to do something. | Zaleskiewicz (2001) |
| rischa2a | Weil riskante Situationen für mich reizvoll sind. | Because risky situations appeal to me. | Own formulation  |
| rischa3a | Um meinen Mut zu testen. | To test my courage. | Lehnert et al. (2011) |
| rischa4 | Wegen des Nervenkitzels. | For the thrill. | Lehnert et al. (2011) |
| rischa5c | Weil mich gefährliche Situationen reizen. | Because dangerous situations appeal to me. | Schmid et al. (2017) |

a Items of the final BMZI for adolescence and young adulthood.b Item was removed after the examination of the initial factor validity. c Item was added after the examination of the initial factor validity.

**References for the initial item inventory**

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