

Appendix A

Code Book for Categorizing Participant Responses to Open-Ended Questions

Coded Category	Descriptive Subcategories
1. Internal Gratification	a. for self-confidence b. for self-esteem
2. External Gratification	a. to look good b. for sex appeal (to attract girls/guys) c. to show off (vanity, ego) d. to compensate e. to get respect (or to intimidate others) f. to conform to societal pressures
3. Health	a. to be healthy b. to get in shape (or lose weight) c. for pleasure (it feels good to work out)
4. Functionality	a. to increase athletic performance b. to be stronger
5. Don't Want to Be Muscular	a. I don't want to be muscular
6. Other	a. write in response that doesn't fit
