

## SUPPLEMENTARY MATERIAL

**Table 1S**

*Moderation Analysis: Similarity Effect of the Relationship between Predictors and the General Acceptance of Loss by Time Commitment to Regular Physical Activity*

Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
MotV	5.34	1.64	3.26	.002	2.07, 8.61						
TimePA	-.34	.47	-.72	.475	-1.27, .60						
<b>MotV × TimePA</b>	.03	.10	.26	.799	-.17, .22	-	-	-	-	-	-
Constant	112.20	7.99	14.04	.001	96.24, 128.16						
<i>R</i> <sup>2</sup> = .3286; <i>F</i> (3, 65) = 10.61; <i>p</i> < .001						$\Delta R^2 = .0007$ ; <i>F</i> (1, 65) = .07; <i>p</i> = .799					
Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
TimeM	4.31	1.71	2.51	.014	.89, 7.73						
TimePA	-.01	.31	-.03	.979	-.64, .62						
<b>TimeM × TimePA</b>	-.06	.09	-.63	.527	-.24, .13	-	-	-	-	-	-
Constant	122.67	6.40	19.16	.001	109.89, 135.46						
<i>R</i> <sup>2</sup> = .1581; <i>F</i> (3, 65) = 4.07; <i>p</i> = .010						$\Delta R^2 = .0052$ ; <i>F</i> (1, 65) = .40; <i>p</i> = .527					
Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
MotC	2.21	1.43	1.54	.129	-.66, 5.07						
TimePA	-.61	.54	-1.14	.260	-1.68, .46						
<b>MotC × TimePA</b>	.06	.08	.68	.499	-.11, .23	-	-	-	-	-	-
Constant	124.32	9.13	13.61	.001	106.08, 142.55						
<i>R</i> <sup>2</sup> = .1564; <i>F</i> (3, 65) = 4.02; <i>p</i> = .011						$\Delta R^2 = .0060$ ; <i>F</i> (1, 65) = .46; <i>p</i> = .499					
Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
HV	2.96	1.52	1.94	.056	-.08, 5.99						
TimePA	-.15	.70	-.22	.825	-1.54, 1.23						
<b>HV × TimePA</b>	-.02	.10	-.18	.858	-.21, .17	-	-	-	-	-	-
Constant	118.74	10.30	11.53	.001	98.20, 139.28						
<i>R</i> <sup>2</sup> = .1167; <i>F</i> (3, 68) = 2.99; <i>p</i> = .037						$\Delta R^2 = .0004$ ; <i>F</i> (1, 68) = .03; <i>p</i> = .858					
Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
VV	.49	1.78	.28	.784	-3.06, 4.04						
TimePA	-.86	.73	-1.17	.250	-2.33, .61						
<b>VV × TimePA</b>	.09	.11	.81	.420	-.13, .31	-	-	-	-	-	-
Constant	134.80	11.18	12.05	.001	112.48, 157.13						
<i>R</i> <sup>2</sup> = .0654; <i>F</i> (3, 67) = 1.56; <i>p</i> = .210						$\Delta R^2 = .0092$ ; <i>F</i> (1, 65) = 40; <i>p</i> = .420					
Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
TV	3.09	1.61	1.92	.059	-.13, 6.31						
TimePA	-.11	.60	-.18	.855	-1.30, 1.08						
<b>TV × TimePA</b>	-.04	.09	-.43	.671	-.22, .15	-	-	-	-	-	-
Constant	121.60	8.80	13.81	.001	104.03, 139.16						
<i>R</i> <sup>2</sup> = .0961; <i>F</i> (3, 68) = 2.41; <i>p</i> = .074						$\Delta R^2 = .0024$ ; <i>F</i> (1, 68) = .18; <i>p</i> = .671					
Acceptance											
						Interaction					
	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>	<i>CI</i>	<i>b</i> <sub>1</sub>	<i>p</i> <sub>1</sub>	<i>b</i> <sub>2</sub>	<i>p</i> <sub>2</sub>	<i>b</i> <sub>3</sub>	<i>p</i> <sub>3</sub>
MV	3.52	1.61	2.19	.032	.31, 6.72						
TimePA	-1.19	.63	-1.90	.062	-2.44, .06						
<b>MV × TimePA</b>	.13	.10	1.31	.194	-.07, .32	-	-	-	-	-	-
Constant	117.23	9.81	11.96	.001	97.66, 136.80						
<i>R</i> <sup>2</sup> = .2682; <i>F</i> (3, 67) = 8.19; <i>p</i> < .001						$\Delta R^2 = .0188$ ; <i>F</i> (1, 67) = 1.72; <i>p</i> = .194					

*Note.* TimePA = time of regular physical activity, HV = Hedonistic values, VV = Vital values, TV = Truth values, MV = Moral values, MotV = Motivational value, TimeM = Time management, MotC = Motivational conflict, MuO = Multidimensionality of the objective, AC-G = General acceptance.