

SOCIAL SUPPORT AND EXERCISE SURVEY

Below is a list of things people might do or say to someone who is trying to exercise regularly. If you are not trying to exercise, then some of the questions may not apply to you, but please read and give an answer to every question.

Please rate each question *twice*. Under *family*, rate how often anyone living in your household has said or done what is described during the last three months. Under *friends*, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last three months.

Please write *one* number from the following rating scale in each space:

| none | rarely | a few times | often | very often | does not apply |
|------|--------|-------------|-------|------------|----------------|
| 1 | 2 | 3 | 4 | 5 | 8 |

During the past three months, my family (or members of my household) or friends:

| | Family | Friends |
|---|------------|------------|
| 11. Exercised with me. | <u>11.</u> | <u>11.</u> |
| 12. Offered to exercise with me. | <u>12.</u> | <u>12.</u> |
| 13. Gave me helpful reminders to exercise ("Are you going to exercise tonight?"). | <u>13.</u> | <u>13.</u> |
| 14. Gave me encouragement to stick with my exercise program. | <u>14.</u> | <u>14.</u> |
| 15. Changed their schedule so we could exercise together. | <u>15.</u> | <u>15.</u> |
| 16. Discussed exercise with me. | <u>16.</u> | <u>16.</u> |
| 17. Complained about the time I spend exercising. | <u>17.</u> | <u>17.</u> |
| 18. Criticized me or made fun of me for exercising. | <u>18.</u> | <u>18.</u> |
| 19. Gave me rewards for exercising (bought me something or gave me something I like). | <u>19.</u> | <u>19.</u> |
| 20. Planned for exercise on recreational outings. | <u>20.</u> | <u>20.</u> |
| 21. Helped plan activities around my exercise. | <u>21.</u> | <u>21.</u> |
| 22. Asked me for ideas on how <i>they</i> can get more exercise. | <u>22.</u> | <u>22.</u> |
| 23. Talked about how much they like to exercise. | <u>23.</u> | <u>23.</u> |

Office Use Only

1. English 2. Spanish Date: Entered / /

Coder: