

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:

		a few times		very often	does not apply
none	rarely		often		
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.	11. _____	11. _____
12. Offered to exercise with me.	12. _____	12. _____
13. Gave me helpful reminders to exercise ("Are you going to exercise tonight?").	13. _____	13. _____
14. Gave me encouragement. to stick with my exercise program.	14. _____	14. _____
15. Changed their schedule so we could exercise together.	15. _____	15. _____
16. Discussed exercise with me.	16. _____	16. _____
17. Complained about the time I spend exercising.	17. _____	17. _____
18. Criticized me or made fun of me for exercising.	18. _____	18. _____
19. Gave me rewards for exercising (bought me something or gave me something I like).	19. _____	19. _____
20. Planned for exercise on recreational outings.	20. _____	20. _____
21. Helped plan activities around my exercise.	21. _____	21. _____
22. Asked me for ideas on how <i>they</i> can get more exercise.	22. _____	22. _____
23. Talked about how much they like to exercise.	23. _____	23. _____

Office Use Only

1. English 2. Spanish Date: Entered / /

Coder: