$\qquad$

In a usual week, how much do the following people exercise? Place a check $(\sqrt{ })$ in a box under each person for your answer.

|  | K1. Mother |  |  | Father |  |  | Brother(s)/Sister (s) |  |  | Best Friend |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Exercise with little effort (like: bowling, horseshoes, golf, slow walking). | Never | Sometimes | Often | Never | Sometimes | Often | Never | Sometimes | Often | Never | Sometimes | Often |


| K5. |  |  |  | K6. |  |  | K7. |  |  | K8. |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Exercise medium hard (like: fast walking, tennis, shooting baskets, baseball/softball, football). | Never | Sometimes | Often | Never | Sometimes | Often | Never | Sometimes | Often | Never | Sometimes | Often |



