

During a usual week, how much do the **people in your family** do these things with you? Place a check (✓) in a box under each person for your answer.

		Mother				Father				Brother(s)/Sister(s)		
Take me to play sports or exercise	L1.	Never	Sometimes	Often	L2.	Never	Sometimes	Often	L3.	Never	Sometimes	Often
Exercise with me	L4.	Never	Sometimes	Often	L5.	Never	Sometimes	Often	L6.	Never	Sometimes	Often
Encourage me to exercise or play hard	L7.	Never	Sometimes	Often	L8.	Never	Sometimes	Often	L9.	Never	Sometimes	Often
Play games/sports with me	L10.	Never	Sometimes	Often	L11.	Never	Sometimes	Often	L12.	Never	Sometimes	Often
Plan family sport activities (bike, swim, walk, shoot baskets)	L13.	Never	Sometimes	Often	L14.	Never	Sometimes	Often	L15.	Never	Sometimes	Often
Praise me for exercising	L16.	Never	Sometimes	Often	L17.	Never	Sometimes	Often	L18.	Never	Sometimes	Often
Complain about my exercising	L19.	Never	Sometimes	Often	L20.	Never	Sometimes	Often	L21.	Never	Sometimes	Often

During a normal week, how much do your **friends** do these things with you?

		Friends		
Play games/sports with me	L22.	Never	Sometimes	Often
Exercise with me	L23.	Never	Sometimes	Often
Encourage me to exercise or play hard	L24.	Never	Sometimes	Often
Praise me for exercising	L25.	Never	Sometimes	Often
Criticize me for exercising	L26.	Never	Sometimes	Often