

For each of the following questions, use the scale to describe how often, during the past 12 months, your friends, your family, and health and fitness experts have provided the kind of support described. Place a number from 1 to 4 in each of the corresponding boxes, with 1 being never and 4 being very often.

Scale:	1 Never	2	3	4 Very Often	Friends	Family	Health and fitness experts
Companionship Support							
Made plans with you for doing a physical activity together?							
Teamed up with you to engage in a physical activity together?							
Promised you that they would participate in a physical activity together?							
Given you helpful reminders to do a physical activity together with them?							
Changed their schedules so you could do a physical activity together with them?							
Informational Support							
Informed you about the expected positive effects of a physical activity on your health and fitness?							
Explained to you why a physical activity is important to improve your health?							
Clarified for you how you may achieve your health goals through physical activity?							
Suggested a physical activity program or facility that might assist your health?							
Explained to you about the amount of intensity of physical activity necessary for improving your health?							
Emotional Support							
Complimented you on the mastery of a physical activity skill?							
Praised you that your physical activity level is superior of that to other people your age?							
Affirmed that you have done well in your physical activity?							
Shown their respect for your versatility in physical activity?							
Told you that you should be proud of your physical activity skills?							
Total							
Average							

Adapted from: Chogahara M. (1999). A multidimensional scale for assessing positive and negative social influences on physical activity in older adults. *The Journal of Gerontology* 54B, 5356-5367.