

**Teach Well - Gimme 5 Atlanta  
R21 – Social Support – Adult**

<b>During the past 3 months, my family or members of my household or friends:</b>	<b>A None</b>	<b>B Rarely</b>	<b>C A few times</b>	<b>D Often</b>	<b>E Very often</b>
1. exercised with me.	A	B	C	D	E
2. gave me encouragement to stick with my exercise program.	A	B	C	D	E
3. changed their schedule so we could exercise together.	A	B	C	D	E
4. offered to exercise with me.	A	B	C	D	E
5. gave me helpful reminders to exercise (e.g., “are you going to exercise tonight?”)	A	B	C	D	E
6. planned for exercise on recreational outings.	A	B	C	D	E
7. discussed exercise with me.	A	B	C	D	E
8. talked about how much they like to exercise.	A	B	C	D	E
9. helped plan activities around my exercise.	A	B	C	D	E
10. asked me for ideas on how they can get more exercise.	A	B	C	D	E
11. took over chores so I had more time to exercise.	A	B	C	D	E
12. made positive comments about my physical appearance.	A	B	C	D	E
13. reminded me not to eat high fat foods.	A	B	C	D	E
14. encouraged me not to eat high fat foods when I’m tempted to do so.	A	B	C	D	E
15. commented if I went back to eating high fat foods.	A	B	C	D	E
16. complimented me about changing my eating habits.	A	B	C	D	E
17. discussed my eating habit changes with me.	A	B	C	D	E
18. made negative comments when I went back to eating high fat foods.	A	B	C	D	E
19. complained that I spent too much money on low fat foods.	A	B	C	D	E
20. refused to eat the same foods I eat.	A	B	C	D	E
21. got angry when I encouraged them to eat low fat foods.	A	B	C	D	E
22. told me eating a low fat diet is a waste of time.	A	B	C	D	E