

Do Others Influence Your Health?

List up to ten (10) individuals who influence your health behaviors (e.g., diet, smoking, alcohol consumption, sleep) by either encouraging you to participate in healthy behaviors or discouraging you from participating in unhealthy behaviors. Please write each individual's initials and what relationship you have with that person."

Example: J.R. brother

Initials:

Relationship:

People can influence each other's health behaviors in a lot of different ways. For each of the following items, please rate how true each item is of your relationships with *family and friends*. Try to base your answers on your past experiences with these people. Mark your answer by putting an "X" through the appropriate circle.

	Never			Often
1. They offer to engage in healthy behaviors with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. They do things for me that make it easier for me to engage in healthy behavior (or avoid engaging in unhealthy behavior).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. They drop hints that I should engage in healthy behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. They leave reminders that I should engage in a particular health-related behavior.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. They ask me to engage in certain healthy behaviors (or to stop engaging in certain unhealthy behaviors).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I feel a sense of responsibility to them to try to stay in good health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. They expect me to try to stay healthy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. If I didn't make an effort to try to be healthy, I think that they would be disappointed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. It is important to them that I make an attempt to be physically fit for health reasons.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>