There are many reasons why you and your family and friends should think about being physically active together.

Some of these reasons include:

1. Being active with our family or friends will help us to support each other in reaching our activity goals;

2. Providing opportunity to learn from each other, when we are active as a family or group of friends;

3. We know that people who exercise together are more likely to stick with it; and

4. Exercising as a group also provides time for family and friends to try something new together.

Let us begin by answering the following questions about your family and friends.

Please work with your support person and other family members or friends to complete this exercise.

Are you and your family and or friends being active together?

1. Why do you think it is important for your family and or friends to be active together?

2. What are some activities that you and your family and or friends enjoy doing together?

3. What days and or times are often spent together as a family or group of friends? Be specific.

Exercising together is healthy and fun. Think about activities that you and your family and or friends would all enjoy doing together.
Which activities do you like to do as a family or as a group of friends?

4. If each member of your family, or your group of friends, could pick one favorite physical activity, what would it be? Pick one for each family member or friend.

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<th>Name of Family Member or Friend:</th>
<th>Favorite Physical Activity:</th>
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5. What other activities would your family, or group of friends, be interested in doing?

6. Sometimes it does not seem like there is enough time to do activities as a group.

What are some things that you and your family and or friends already do, that you can add exercise to?

For example: Add a walk with family before or after dinner.
How do we plan activities as a family or with friends?

Plan 3 activities to do in one month. These are activities for you and your family, and or your friends, to do as a group.

For one of the activities: Change one normal group activity to include more physical activity.

For example:

**Normal Activity:** Dinner with family on Sundays.

**More Physical Activity:** Add some games with more movement to Sunday’s dinner routine.

Please be sure to remember the activity guidelines that you learned in the PILI Lifestyle Program.

- Exercise 2 1/2 hours each week
- Choose activities that you all enjoy

Be as specific as possible when answering each question. Use additional paper if necessary.

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**Activity 1.**

1. Who will participate in this activity?

2. How much time will you need for this activity?

3. What is the best time to fit this activity into your schedule?

4. Where will you do this activity?

5. What will you need to do this activity?

6. What will you do if something gets in the way of your plan?
Activity 2.

1. Who will participate in this activity?

2. How much time will you need for this activity?

3. What is the best time to fit this activity into your schedule?

4. Where will you do this activity?

5. What will you need to do this activity?

6. What will you do if something gets in the way of your plan?

Activity 3.

1. Who will participate in this activity?

2. How much time will you need for this activity?

3. What is the best time to fit this activity into your schedule?

4. Where will you do this activity?

5. What will you need to do this activity?

6. What will you do if something gets in the way of your plan?