

Social Support Form

.....
NAME

.....
DATE

Thinking about the help, encouragement and support you might get from various people when changing, building, and / or maintaining your health, nutrition, and / or exercise habits...

Who in your life is the MOST helpful, encouraging, and / or supportive?

How in particular do they help, encourage, and / or support you?

Who in your life is the LEAST helpful, encouraging, and / or supportive?

How in particular do they NOT help, encourage, and / or support you?

In an ideal world, what kinds of help, encouragement, and / or support would you like to have as you work to change, build, and / or maintain your health, nutrition, and / or exercise habits?

Ideally, the kind of help I'd like is:

Social Support Form (cont'd)

Ideally, the kind of support I'd like is:

Ideally, the kind of encouragement I'd like is:

Right now, how could the people around you best help, encourage, and support you as you work to change, build, and / or maintain your health, nutrition, and / or exercise habits?

In particular, people could help me right now by:

In particular, people could encourage me right now by:

In particular, people could support me right now by:

Right now, what is ONE thing you could do, try, and / or explore to improve your social support team or systems?