	Enabling Factors											Barriers										
Factors	55	50	45	40	35	30	25	20	15	10	5	0 5	10	15	20	25	30	35	40	45	50	55
1. Routine																						
Structure																						
Other Demands																						
Prepared																						
Prioritize																						
2. Intrinsic																						
Positive Feeling																						
Self Sabotage																						
Meaningful																						
Poor Mood																						
Poor Experience																						
3. Biophysical																						
Health Benefits																						
Injury/Ailment																						
Fatigue																						
4. Psychosocial																						
Accountability																						
Sacrifice																						
Support																						
Dog																						
5. Environmental																						
Built/Physical																						
Weather/Season																						
6. Resources																						
Time																						
Money																						