

Supplementary file 2. Tool to facilitate reflection and dialog about exercise habits

MY EXERCISE HABITS

A number of situations are described below that can make it hard to stick to exercising regularly. Please circle the scale below. How strongly do you agree with the following statements?

I find it difficult to exercise...	Strongly disagree	0	1	2	3	4	5	6	7	8	9	10	Strongly agree
...when I am in a bad mood (tired, experiencing personal problems, feeling low or depressed)	0	1	2	3	4	5	6	7	8	9	10		
... when it is inconvenient (poor weather, traveling, having visitors, gym is closed)	0	1	2	3	4	5	6	7	8	9	10		
...when it is not part of my daily tasks	0	1	2	3	4	5	6	7	8	9	10		
...when I am busy (pressure from work, too much work at home, family responsibilities)	0	1	2	3	4	5	6	7	8	9	10		
...when I have to exercise alone	0	1	2	3	4	5	6	7	8	9	10		
...if I don't reach my exercise goals	0	1	2	3	4	5	6	7	8	9	10		
...after recovering from illness or after vacation	0	1	2	3	4	5	6	7	8	9	10		
... when I feel physical discomfort when I exercise	0	1	2	3	4	5	6	7	8	9	10		

Where do I score high?

How can I act differently in the future?



Discuss in the group:

1. When is it particularly difficult to exercise?
2. Suggestions to make it easier in the future?

Facilitator tips:

1. Highlight and link participants with similar concerns and solutions in the group
2. Summarize similar issues to help participants see topics in a new way by hearing and considering new ideas and perspectives from others having the same challenges