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| **QUESTION** | **QUESTION TYPE** |
| 1. How has your participation in this project improved your health?
 | Engagement |
| 1. What aspects of the project are contributing to your ability to improve your health (potential prompts: weekly group sessions (follow-on: what is it about the group sessions?); pedometer; theraband)
 | Exploration |
| 1. What aspects of the project could be improved?
 | Exploration |
| 1. Are there ways in which your friends and family (including your partner) are supporting your efforts to increase your physical activity or improve your eating? (Follow-on: Are there ways in which your friends and family (including your partner) are NOT supporting your efforts to increase your physical activity or improve your eating. (GIVE EXAMPLES IF NECESSARY: WILLINGESS TO WALK RATHER THAN DRIVE; ACCOMODATING SCHEDULES; WILLINGNESS TO TRY NEW FOODS)
 | Exploration |
| 1. What has been the most challenging part about the intervention? (GIVE EXAMPLES IF NECESSARY: MAKING TIME, FRUSTRATIONS WITH PROGRESS, PARTNER/FAMILY/FRIENDS)
 | Exploration |
| 1. Is there anything else you would like to share?
 | Exit |