# Appendix C: Behavioral Intentions Activity (At-Risk Adults)

This sheet has some descriptions of actions to take on days when the air quality is poor. On your own, please circle the activities that seem doable to you. Cross out any activities that don’t seem doable.

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| --- | --- |
| Spend less time outdoors | Exercise for less time |
| Choose less intense exercise, like walking instead of jogging | Exercise on a different day or at a different time |
| Close the windows where I live | Avoid exercising near busy roads  |
| Exercise indoors instead of outdoors |  |