

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.

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