

## Appendix D: Behavioral Intentions Activity (Parents of At-Risk Children)

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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.

Encourage your child to spend less time outdoors

Encourage your child to exercise for less time

Encourage your child to choose less intense exercise, like walking instead of jogging

Encourage your child to exercise on a different day or at a different time

Close the windows where my family lives

Encourage your child to avoid exercising near busy roads

Encourage your child to exercise indoors instead of outdoors