

<b>Title of Intervention</b>	<b>Family physical activity planning intervention</b>	
<b>Intervention Strategies</b>	Individual Education	
<b>Purpose</b>	Increase intergenerational physical activity in families with young children age four to ten.	
<b>Populations</b>	Families with children 4-10 years of age in the Capitol Region of British Columbia.	
<b>Settings</b>	Home-based	
<b>Partners</b>	Human Early Learning Partnership (HELP)	
<b>Intervention Description</b>	Provide families with an educational packet containing Canada's family guide to physical activity guidelines; local active living recreation guide; and family physical activity planning materials. Planning materials included a workbook on how to plan family physical activity and practical planning materials such as a dry erase wall calendar. The workbook focused on planning for "how", "when", "where", and "what" as well as overcoming barriers to physical activity.	
<b>Theory</b>	Theory of planned behavior	
<b>Resources required</b>	<b>Staff/Volunteers:</b>	Not mentioned
	<b>Training:</b>	Not mentioned
	<b>Technology:</b>	Not mentioned
	<b>Space:</b>	Not mentioned
	<b>Budget:</b>	Not mentioned
	<b>Intervention:</b>	Family guide to physical activity booklet; local active living recreation guide; and family physical activity planning materials
	<b>Evaluation:</b>	Godin leisure-time Exercise Questionnaire (GLTEQ)
<b>Evaluation</b>	<b>Design:</b>	Randomized control trial.
	<b>Methods and Measures:</b>	Surveys were administered at baseline and 4 weeks post intervention. Surveys measured weekly intergenerational family physical activity frequency and total minutes for both formal and informal activity. Intention and perceived behavior control were also measured.
<b>Outcomes</b>	<b>Short term impact:</b>	Families who received the family physical activity planning materials reported higher levels of family physical activity at four weeks than those only receiving the physical activity guidelines and recreation guide.
	<b>Long term impact:</b>	Not mentioned
<b>Maintenance</b>	Not mentioned	
<b>Lessons Learned</b>	In order to bridge intent to behavior an intermediary construct such as the planning guide is critical.	

<b>Citation(s)</b>	Rhodes, R., Naylor, P., and McKay, H. (2010). Pilot study of a family physical activity planning intervention among parents and their children. <i>Journal Of Behavioral Medicine</i> , 33(2), 91-100.
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