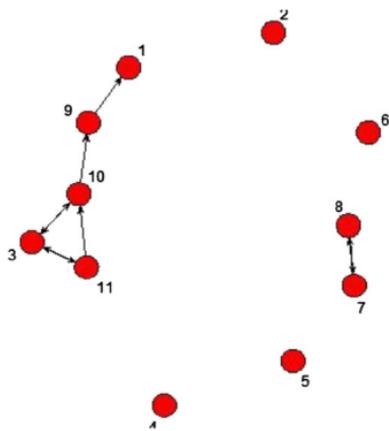


## Map of advice network at session four:

We want members of each GROW group to turn to each other for support and advice. The lines in the map represent the people group members would go to outside of GROW sessions for advice on making their family healthier (how to be more active, eat healthier, get more sleep). We want everyone to be connected to at least one person in the group.



## Menu of action steps for sessions seven to twelve:

(Please use at least two in the next session)

1. These group members are not connected to anyone in their group:

**Tammy**  
**Denise**  
**Cara**  
**Lisa**

Please make sure they do not feel excluded. If it is possible to catch them alone, please check in with them to let them know we care and ask how GROW is going for them. Please do not put any of them on the spot publically.

2. Please call on these group members to answer questions in session with the goal of not letting them fade into the background.

**Tammy**  
**Denise**  
**Cara**  
**Lisa**

Later in the session, refer back to what they say to show their input is valued.

3. These people have the most/strongest ties to other group members:

**Martha**  
**Corrine**  
**Michelle**  
**Natalie**  
**Alfred**

In small group activities, please pair them with

**Tammy**  
**Denise**  
**Cara**  
**Lisa**

4. To bring the group together, begin session with an interactive, personalized, community-building icebreaker.
5. To bring the group together, use a beach ball ('talking stick') to give each participant the opportunity to be part of the conversation.
6. Working on a common goal brings people together. During the eating portion of the GROW session, provide examples of weekly wellness challenges (group members track their daily: minutes of physical activity, minutes of TV, hours of sleep, servings of fruit/vegetables). Challenge the group to make a goal as a group ('together we will be active for 5,000 minutes before our next session.' At the next session, ask the group to add their minutes to see their combined efforts.
7. Make sure **Michelle** and **Natalie** do not form a separate subgroup. Invite others to work with them in small group activities in session.

Note: Study participant names are changed here.