Socioenvironmental Factors
- Provide social support for PA
- Promote development of social support networks
- Increase availability/access to PA opportunities
- Reduce barriers to PA

Personal Factors
- Enhance self-efficacy for PA
- Increase perceived benefits of PA
- Increase enjoyment of PA
- Reduce perceived barriers to PA

Behavioral Factors
- Enhance coping skills for addressing PA lapses
- Create incentives and reinforcements for PA
- Reduce sedentary behavior

Physical Activity Maintenance