Reviewer's report

Title: A formative evaluation of a family-based walking intervention - Furness Families Walk4Life

Version: 2 Date: 8 June 2011

Reviewer: Lindsey Dugdill

Reviewer's report:

Overall, I felt the authors had made considerable efforts to address all the reviewers' comments and the manuscript was improved. I still have a few comments for revision.

Minor Essential Revisions

Abstract

The abstract is still rather vague. Did this intervention recruit families who increased their walking as a result? How many people did it reach? Formative and process evaluation are the same thing?

Main paper

page 3 guidelines for PA say adults should aim to take at least 30 minutes of moderate activity......

page 4, line 4, should read populations with not populations will

page 4, penultimate line first word should be providers not provides

page 6, clarify formative/process evaluation as you appear to be using the words interchangeably?

page 8, paragraph one, the information of 'levelness' of themes was confusing, can you give an example of a sub-level theme and key issues within themes (a sub, sub level theme??) clarify thematic hierarchy

page 11, the sub-heading programme delivery was bold unlike other sub-headings?

page 13, were the families who were attracted also already walkers?

page 19, can the authors detail what an ideal walk plan for a family might look like e.g. length of walk, activities during the walk, information given to the family to motivate them etc.

page 21, it is no suprise that men were under-represented on the programme as
they tend not to use children's centres anyway and it might be worth referencing this.

page 22 the conclusion was vague and could be modified to be more instructive to practitioners.

check throughout for typing errors

**Level of interest:** An article whose findings are important to those with closely related research interests

**Quality of written English:** Needs some language corrections before being published

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

'I declare that I have no competing interests'