

# INSERT ONE – Sample Physical Activity Employee Survey

The Physical Activity Promotion Committee ask you to fill out this form truthfully and realistically in order to establish what initiatives to do to promote activity in the workplace. The purpose on this questionnaire is to find out what activities you would like to see offered, or what activities you would like to participate in as part of a programme to promote a more physically active workforce.

Name \_\_\_\_\_ Ext Number \_\_\_\_\_

**1 Are you currently doing any form of physical activity?**  Y  N

If yes, please state how you are currently physically active.

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If no, please state what type of activity you would enjoy participating in?

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**2 How often do you participate in physical activity? (Tick where appropriate)**

5 – 7 times per week  3 – 5 time per week  <3 times per week

**3 What limits your level of involvement in physical activity? (tick where appropriate)**

Time	<input type="checkbox"/>	Lack of knowledge	<input type="checkbox"/>
Cost	<input type="checkbox"/>	Lack of equipment	<input type="checkbox"/>
Transport	<input type="checkbox"/>	Lack of enjoyment	<input type="checkbox"/>
No energy	<input type="checkbox"/>	Activities did not appeal to you	<input type="checkbox"/>
None	<input type="checkbox"/>	Friends not involved	<input type="checkbox"/>
Lack of motivation	<input type="checkbox"/>		

Other  (please state) \_\_\_\_\_

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# INSERT ONE – Physical Activity Employee Survey [Cont]

## 4 What time are you most likely to participate in physical activity?

Before Work (7 – 9am)	<input type="checkbox"/>	Lunch time (1 – 2pm)	<input type="checkbox"/>
After work (5 – 6pm)	<input type="checkbox"/>	Evening (7pm or later)	<input type="checkbox"/>

## 5 What activities would you like to participate in?

Soccer	<input type="checkbox"/>	Yoga	<input type="checkbox"/>
Tag Rugby	<input type="checkbox"/>	Circuits	<input type="checkbox"/>
Volleyball	<input type="checkbox"/>	Aerobics	<input type="checkbox"/>
Basketball	<input type="checkbox"/>	Swiss Ball	<input type="checkbox"/>
Tennis	<input type="checkbox"/>	Pilates	<input type="checkbox"/>
Badminton	<input type="checkbox"/>	Jogging	<input type="checkbox"/>
Walking	<input type="checkbox"/>		

Other \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 6 What day(s) would you prefer activities to occur?

Mon       Tues       Wed       Thu       Fri

Any other suggestions for promoting physical activity in the workplace:

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