



WORKSHEET: General Survey

SURVEY CONTENT SAMPLE

Our community is planning to launch a new initiative that focuses on increasing physical activity opportunities for children, youth, and their families. Your input is important to us, so we hope that you will participate. Please take a few minutes to answer the following:

Overall, how would you rate your community on how it makes accessing physical activity options available to you and/or your family?

- Not useful
- Somewhat useful
- Good
- Excellent

Currently, what makes it easy for you and/or your family to be physically active in our community?

- Safer and user friendly environments
 - Good awareness of options
 - Priority for family
 - Accessibility of programs
 - Variety of programs/options
 - Available facilities
 - Other:
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What motivates you and/or your family to be physically active? (check all that apply)

- Maintain/improve health
 - Socialize with others
 - Make new friends
 - Have fun
 - Learn new skills
 - Other:
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In the past week, please check all activities you and/or your family have participated in:

- Organized sport program
 - Organized dance program
 - Walked/biked to school
 - Walked/biked to work
 - Drop in fitness/recreational class (includes walking trails/paths)
 - Other:
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What are the challenges that exist in our community that may limit physical activity opportunities for you and/or your family? (Check all that apply)

- Time
 - Motivation
 - Access to facilities
 - Transportation
 - Cost
 - Awareness (lack of information/promotion)
 - Options of activities
 - Seasonal (lack of activities year round)
 - Other:
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What could our community do more of to increase physical activity options for you and/or your family? (Check all that apply)

- Options for year round participation
- Low-cost/no cost participation
- Promotion on options
- Trails/bike paths
- More green spaces/parks
- Clear sidewalks of snow
- Improve safety at public facilities
- Other:

What community infrastructures have you and/or your family accessed for physical activity in the past 12 months? (Check all that apply)

- Walking track
- Swimming pool
- Multi use trail system
- Indoor/outdoor rinks
- Multipurpose facility
- Sidewalks
- Parks/open green spaces
- Playgrounds
- School grounds
- School gymnasium
- Other:

Identify program opportunities you may be interested in participating in (rank from 1 – 5, 1 being your favorite)

- Information evenings/lunch hours on physical activity and benefits of a healthy lifestyle
- Walking/jogging
- Weight training
- Fitness assessments
- Sport competitive/recreational
- Dancing
- Tai chi
- Yoga
- Access to trail walking and cycling
- Family activities
- Walking/running club
- Other:

How many days of the week do you and/or your family like to be active?

- One–three days/week
- Three–five days/week
- Seven days a week

What time of the day do you and/or your family like to be active?

- Morning
- During the day
- Lunch hour
- Evening

Thank you for your time and interest in ensuring that our community provides a variety of opportunities for you and/or your family to be active!