



WORKSHEET: Program Interest Survey

SURVEY CONTENT SAMPLE

Our community is gathering information about physical activity for children and youth and their families. We are interested in learning more about the types of programs you and your family are or may be interested in. We hope that you will participate. Please take a few minutes to answer the following:

Number the opportunities you would be interested in.
(rank from 1 – 5, 1 being your favorite):

- Information on physical activity ideas and benefits of physical activity
- Walking/jogging
- Fitness/exercise classes
- Weight training
- Fitness assessments
- Sport
- Dancing
- Tai Chi
- Yoga
- Access to trail walking or cycling
- Family activities
- Balancing family and work
- How to quit smoking
- Walking club
- Other:

Which days of the week do you like to be physically active?

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

What time of the day do you like to enjoy physical activity?

- Morning
- During the day
- Lunch hour
- Evening

Do you face any barriers to participation in community Programs? If so, what are they?

Other Comments:
