



Participant Survey

Think about the last full week that you were home, that is, before traveling for this workshop. Now, thinking about that week, how many times did you exercise for at least 30 minutes? By exercise, we mean any physical activity that increases your heart rate.

Number of 30-minute periods of exercise over the last week: _____

Now turn this sheet over and, following the instructions at the top, complete all questions.

Continue survey on the next page>>>>>>>>

We'd like to ask you some questions about your perceptions of what happens when you get 30 minutes of exercise—that increases your heart rate—at least four times every week. Keep in mind that many people exercise less than that. Answer for what it's like—or would be like—to get 30 minutes of exercise at least four times every week. In answering the questions, respond for yourself (and not some hypothetical audience member). Please provide as many responses as you can for each of the following questions.

What do you see as the **advantages or good things** about getting 30 minutes of exercise at least four times every week?

What do you see as the **disadvantages or bad things** about getting 30 minutes of exercise at least four times every week?

What makes it **easier** for you to get 30 minutes of exercise at least four times every week?

What makes it **more difficult** for you to get 30 minutes of exercise at least four times every week?

Who (individuals or groups) do you think would **approve or support** your spending time getting 30 minutes of exercise at least four times every week?

Who (individuals or groups) do you think would **disapprove or object to** your spending time getting 30 minutes of exercise at least four times every week.