Example questionnaire – post physical activity intervention

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| Question | Response |
| What is the name of the physical activity intervention you participated in? |  |
| What is your participant number? |  |
| How old are you? |  |
| What gender are you? | * Female (including trans woman) * Male (including trans man) * Non-binary * Other * Prefer not to say |
| Do you consider you have a disability or long-term health condition? | Yes / No / Prefer not to say |
| If you consider you have a disability or long-term health condition, could you say what this is please? | Option for Prefer not to say |
| What is your ethnicity? | * Asian or Asian British * Black, Black British, Caribbean, or African * Mixed or multiple ethnic groups * White * Other ethnic group * Prefer not to say |
| In the past week, how many minutes of physical activity have you done in total, which was enough to raise your breathing rate?  Include sport, fitness and recreation activities, brisk walking or cycling for any purpose, gardening, but do not include physical activity that is part of your work. | * 0-29 minutes * 30-59 minutes * 60-89 minutes * 80-119 minutes * 120-149 minutes * 150+ minutes |
| Do you participate in muscle strengthening activities that improve strength, balance and flexibility on at least 2 days a week?  Examples of muscle strengthening activities include carrying heavy shopping bags, yoga, pilates, tai chi, lifting weights, working with resistance bands, doing exercises that use your own body weight such as push ups and sit ups, heavy gardening such as digging and shovelling. | Yes / No / Don’t know / Prefer not to say |
| On a scale of 1-5 or using a 5 point star/smiley face rating, how do you rate the workplace physical activity you participated in? | ☺☺☺☺☺  1 = terrible  2 = not good  3 = ok  4 = very good  5 = excellent |
| Since participating in the workplace physical activity, how likely are you to continue to do some type of physical activity at work? | ☺☺☺☺☺  1 = extremely unlikely  2 = not likely  3 = maybe  4 = likely  5 = extremely likely |
| What other types of physical activity opportunities would you like to see in your workplace? |  |