

Participant Post – Survey

STEPS THAT COUNT IV

Name of Team: _____

Place of Employment: _____

Participant Name: _____

1. When you are at work, which of the following now best describes what you do?

- Mostly sit or stand Mostly Walk
 Mostly heavy labor/physically demanding work Other

2. Outside of work hours, do you now consider yourself to be physically active?

- Yes Somewhat No

3. On how many of the past 7 days...

A. Were you involved in physical activity for at least 30 minutes that did not exert you to the point of sweating and breathing hard? (fast walking, slow bicycling, skating, lawn mowing, or mopping floors)

- 0 Days 1 Day 2 Days 3 Days 4 Days 5 Days or more

B. Were you involved in physical activity for at least 20 minutes that did exert you to the point of sweating and breathing hard? (basketball, soccer, running, swimming laps, fast bicycling, or dancing)

- 0 Days 1 Day 2 Days 3 Days 4 Days 5 Days or more

4. After participating in STEPS III, would you say that in general your health is:

- Excellent Very Good Good Fair Poor

5. Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

_____ Number of Days

6. Thinking about your mental health, which includes stress and depression, for how many days during the past 30 days was your mental health not good?

_____ Number of Days

7. Reflecting on your STEPS III involvement, what was most challenging in changing activity levels and creating a healthier lifestyle?

Sex: Male Female Year Born: _____