

PARTICIPANT PRE-SURVEY

STEPS That Count IV

Your Name: _____

Team Name: _____

Place of
Employment: _____

1. When you are at work, which of the following 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 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?

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

B. Were you involved in physical activity for at least 20 minutes that did exert you to the point of sweating and breathing hard?

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

4. Before participating in STEPS IV 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. What is most challenging in changing activity levels and creating a healthier lifestyle?

8. What do you hope to get out of participating in the STEPS That Count program?

Are you: Female Male

In what year were you born: _____