

Physical Activity Challenge: Pre-Evaluation

- I would describe my current level of activity as:**
 - Very active (intense exercise 4+ times per week)
 - Moderately active (moderate exercise 2-3 times per week)
 - Lightly active (light exercise 1-2 times per week)
 - Not active
- Do you want to increase the amount of exercise you regularly get?**
 - Yes
 - No
- Have your exercise habits changed in the past month?**
 - Yes, I am exercising more.
 - Yes, I am exercising less.
 - No, my exercise habits have not changed in the past month.
- I would exercise more (check all that apply):**
 - If my neighborhood was safer.
 - If I made it a priority to fit in my schedule.
 - If I had a friend to exercise with.
 - If there were trails or parks within a close distance of my home.
- Have you noticed a difference in your energy level in the past month?**
 - Yes, I have more energy.
 - Yes, I have less energy.
 - No, my energy level has remained the same as it usually is.
- What types of wellness programs would you be interested in participating in? (check all that apply)**
 - An individual activity challenge
 - A group/team activity challenge
 - An individual healthy eating challenge
 - A group/team activity challenge

Please share any other thought or comments here: _____

