

Activity Induction Form

You must complete all the pages on this form. Use BLOCK CAPITALS where possible.

Date Activity

Surname First name

Think about all the activities that you did in the **last 7 days**.

1 During the last 7 days, on how many days did you do **vigorous** physical activities?

Only count activities that you did for at least 10 minutes at a time.

days per week

No vigorous physical activities *Skip to question 3*

2 How much time did you usually spend doing **vigorous** physical activities on one of those days?

hours per day

minutes per day

Don't know/not sure

? What do we mean by **vigorous** physical activity?

Any activity which takes **hard physical effort** and makes you **breathe much harder than normal**.

For example: heavy lifting, digging, aerobics, fast bicycling

3 During the last 7 days, on how many days did you do **moderate** physical activities? **Do not include walking.**

Only count activities that you did for at least 10 minutes at a time.

days per week

No moderate physical activities *Skip to question 5*

4 How much time did you usually spend doing **moderate** physical activities on one of those days?

hours per day

minutes per day

Don't know/not sure

? What do we mean by **moderate** physical activity?

Any activity which takes **moderate physical effort** and makes you **breathe somewhat harder than normal**.

For example: carrying light loads, bicycling at a regular pace, doubles tennis

5 During the last 7 days, on how many days did you **walk** for at least 10 minutes at a time?

days per week

No walking *Skip to question 7*

How much time did you usually spend **walking** on one of those days?

6 hours per day

minutes per day

Don't know/not sure

? What sort of **walking** should I count?

Any time that you have **walked for more than 10 minutes** at a time—this includes **at work** and **at home, travelling from place to place**, and **any other walking you have done for recreation, sport or exercise**.

7 During the last 7 days, how much time did you spend **sitting** on a week day?

Only count week days — not the weekend.

hours per day

minutes per day

Don't know/not sure

? When could I find my self **sitting**?

Any time **spent sitting down at work or at home**. This could be: time sitting **at a desk, visiting friends, reading, doing course work**, sitting or lying down to **watch television**.

8 How important is physical activity in your life?

Think about your:

Not important

Very important

Mental wellbeing	1	2	3	4	5	6	7	8	9	10
Physical wellbeing	1	2	3	4	5	6	7	8	9	10
Health and health issues	1	2	3	4	5	6	7	8	9	10
Overall quality of life	1	2	3	4	5	6	7	8	9	10
Don't know/not sure	<input type="checkbox"/>									

? What do we mean by **wellbeing**?

Wellbeing means the state of being **comfortable, healthy and happy**.

9 How confident do you feel about your capability to undertake physical activity?

Not confident at all

Quite confident

Very confident

1	2	3	4	5	6	7	8	9	10
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Don't know/not sure

? What do we mean by **confidence**?

How does the thought of being active make you feel? Are you excited by the challenge? Do you have any worries about how you will get on?

10 Tick the statement which best describes you:

- I am **very happy** with the amount of time I spend socialising
- I am **happy** with the amount of time I spend socialising, but I would welcome the opportunity to meet more people
- I am **moderately happy** with the amount of time I spend socialising, but I would rather spend more time being sociable
- I am **not happy** with the amount of time I spend socialising, I want to spend more time with other people and/or make new friends
- Don't know/not sure

? What do we mean by **socialising**?

Seeing, visiting, or meeting up with other people for reasons other than work—visiting friends (or having visitors), coffee mornings, going for a walk with a friend, sports clubs or meeting for lunch are all examples.

11 What are your motives for taking part in physical activity?

Tick all that apply

- To get fitter and healthier
- Weight loss
- Weight maintenance
- To improve/help a specific health condition
- For improved confidence
- To meet new people
- For enjoyment
- To socialise with friends
- To try something new

Please turn over



The stages of change

Organisation: Active Together Harborough District Council

Participant name: _____

Activity: _____

How physically active are you?

Physical activity includes activities such as brisk walking, jogging, cycling, swimming, or any other activity, such as gardening, in which the exertions makes you feel warmer or slightly out of breath.

1. I am currently physically active Yes No

2. I intend to become more physically active in the next 6 months Yes No

Do you engage in regular physical activity?

For activity to be regular, it must add up to a total of 30 minutes or more per day, and be done at least 5 days per week. For example, you could take one 30 minute walk, or take three 10 minute walks a day.

3. I currently engage in regular physical activity Yes No

4. I have been regularly physically active for the last 6 months Yes No

Data Protection

The information you have supplied will be used specifically for registering and evaluating the activity you are taking part in. Information will only be passed on to our relevant partners in the delivery and evaluation of activities.

From time to time, Active Harborough District may wish to contact you for other exercise and health related matters. Please tick here if you do not wish to be contacted in this way

There may be filming or photography at some sessions which may be used in publicity materials. Do you give your consent to be included in filming or photographs? Yes No

