



Get Active Pre-survey

Introduction

EmPOWERED to Serve: Get Active PRE-Survey

Please answer the questions below before you begin the *Get Active* experience.

The survey should take less than 1 minute to complete. Your answers are completely confidential and will only be used to improve future *EmPowered to Serve* trainings and education.

Survey Questions

1. Please enter the first two letters of your birth month.
For example, if you were born in November, enter 'NO'.

2. Please enter the last three digits of your cell phone number.
For example, if your phone number is 214-763-9805, enter '805'.

3. In which of the following geographic regions do you currently live?
 - a. Central Valley/Kern County, CA
 - b. Las Vegas, NV
 - c. Orlando, FL
 - d. Charlotte, NC
 - e. Indianapolis, IN
 - f. Central Ohio, OH
 - g. Houston, TX
 - h. Philadelphia, PA
4. Which gender do you most identify with?
 - a. Male
 - b. Female
 - c. Non-binary
 - d. Prefer to self-describe: _____
 - e. Prefer not to answer
5. Are you of Hispanic, Latino/a, or Spanish origin?
 - a. Yes
 - b. No
 - c. Prefer not to answer

6. What is your race? Please select all that apply.
 - a. Asian or Pacific Islander
 - b. Black or African American
 - c. American Indian or Alaskan Native
 - d. White or Caucasian
 - e. Other, please specify: _____
 - f. Prefer not to answer

7. What is your age range?
 - a. 18-29
 - b. 30-44
 - c. 45-59
 - d. 60-69
 - e. 70-79
 - f. 80 or older
 - g. Prefer not to answer

8. What is the highest level of education you have completed?
 - a. Less than high school
 - b. Some high school
 - c. High school graduate or equivalent
 - d. Associate degree (such as AA, AS)
 - e. Bachelor's degree (such as BA, BS)
 - f. Graduate degree (such as MBA, MS, MD, PhD)
 - g. Prefer not to answer

9. How many minutes of moderate-intensity physical activity should adults get each week?
 - a. 45 minutes
 - b. 90 minutes
 - c. 150 minutes
 - d. 200 minutes

10. What percentage of adults currently get the recommended amount of physical activity?
 - a. 20%
 - b. 30%
 - c. 50%
 - d. 60%

11. What is an example of a moderate-intensity physical activity?
 - a. Standing
 - b. Running
 - c. Stretching
 - d. Walking briskly

12. Please select the level that best represents your current confidence that you can do the following:

	Not at all confident	A little confident	Somewhat confident	Mostly confident	Totally confident	Not applicable
Exercise for at least 150 minutes each week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Set exercise goals for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be active and have fun at the same time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for taking this survey. Your response has been recorded. We hope you enjoy the *EmPowered to Serve* module.

Do not forget to take the post-survey after you finish the training!



Get Active Post-survey

Introduction

EmPOWERED to Serve: Get Active POST-Survey

Please answer the questions below after you complete the *Get Active* experience.

The survey should take less than 1 minute to complete. Your answers are completely confidential and will only be used to improve future *EmPowered to Serve* trainings and education.

Survey Questions

1. Please enter the first two letters of your birth month.
For example, if you were born in November, enter 'NO'.

2. Please enter the last three digits of your cell phone number.
For example, if your phone number is 214-763-9805, enter '805'.

3. How many minutes of moderate-intensity physical activity should adults get each week?
 - a. 45 minutes
 - b. 90 minutes
 - c. 150 minutes
 - d. 200 minutes
4. What percentage of adults get the recommended amount of physical activity?
 - a. 20%
 - b. 30%
 - c. 50%
 - d. 60%
5. What is an example of a moderate-intensity physical activity?
 - a. Standing
 - b. Running
 - c. Stretching
 - d. Walking briskly

6. After participating in the *Get Active* experience, please select the level that best represents your current confidence that you can do the following:

	Not at all confident	A little confident	Somewhat confident	Mostly confident	Totally confident	Not applicable
Exercise for at least 150 minutes each week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Set exercise goals for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Be active and have fun at the same time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. Please rate the overall quality of your experience with *Get Active*. Select your choice below.

Excellent	Above average	Average	Below average	Poor	Undecided
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. How likely are you to recommend the *Get Active* experience to a friend, family member, or co-worker? Select your choice below.

Very likely	Likely	Neutral	Unlikely	Very unlikely	Undecided
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Is there anything else you would like to learn more about that was not included in this *Get Active* educational session? Please feel free to include any comments or questions you might have.

We thank you for your time spent taking this survey.

Your response has been recorded.