

Fitness Made Simple Pre-Survey

This survey is anonymous. Your answers will help improve our programs. Thank you.

To help us pair your responses please provide us with your initials _____ and year of birth _____

Gender: Male Female Other: _____

Age: 12-17 18-34 35-54 55-64 65+

Ethnicity: Hispanic/Latino Not Hispanic/Latino

Race: Caucasian/White African American/Black Asian/Pacific Islander Hispanic/Latino
 Native American Other or combination _____

Please select the level of agreement that aligns with your current perceptions.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am confident in my ability to maintain or improve my health.					
I would rate my physical fitness as good or very good.					
I have a desire to be physically active daily.					
I engage in muscle-strengthening activities at least 2 days per week.					
I am satisfied with my current physical abilities.					
I am confident in my physical abilities.					

I engage in 1 hour & 15 minutes per week of moderate (similar to brisk walking or biking) and/or vigorous exercise (large increase in heart rate and breathing).

Never Sometimes Always

Which of the following are reasons why you are participating in Fitness Made Simple? (Select all that apply)

- Medical advice Health Concerns Desire to become/stay physically active
 Social engagement Improve balance Improve strength Improve overall fitness
 Osteoporosis prevention Mental well-being

