

Office use only:		
Participant No:		Date:

Family Active 12 Week Questions

All of your answers will be kept anonymous and confidential. You can ask us to remove your answers from our database at any time. Are you happy for us to keep your data and use it to evaluate the programme? YES NO

Which centre have you used the most?

Lochee Grove St Paul's Olympia All of the centres

What have you gained from being part of the programme?

- Maintained / Improved fitness
- Maintained / Improved weight
- Met people
- Maintained / Improved activity level
- Had fun
- Reduced health risks
- Spent family time together
- Taught kids to swim.

How much physical activity do you do a week? (e.g. 10 mins every day / 30 mins on 3 days)

What physical activity do you take at the moment?

- | | |
|--|--|
| <input type="checkbox"/> - Incidental activity like Housework, Gardening or Shopping | <input type="checkbox"/> - Recreational activities like Yoga / Pilates / Dance |
| <input type="checkbox"/> - Regular walking | <input type="checkbox"/> - Swimming |
| <input type="checkbox"/> - Running / Cycling | <input type="checkbox"/> - Organised Sport |
| | <input type="checkbox"/> - Regular classes / gym sessions |

Do you feel your health and / or wellbeing have improved due to the programme?

Yes I feel a lot better I feel a bit better No, I don't feel any better

What physical activity do you take as a family?

- cycling
- going for a walk
- going to the park
- sports
- classes
- swimming

How often do you do this?

- Almost every day
- Once or twice a week
- fortnightly
- Less than once a month
- Never

Is there anything you would like to say about the programme?

Is there anything you would like support with?