

FSG Re registration questions

Each member (or their parent/guardian) will be emailed a link to a re registration form according to their age and circumstances (whether they have used the scheme in the last two months). EA will already have most of the person's data from their original registration, members will be asked to check to see if that data is still applicable. Each member will then be asked to re complete the following questions. The questions in black are the same ones that they completed when they registered. **The questions in blue are new questions related to their health and wellbeing.**

16+ have participated in the last 2 months

1. Please tell us the type and amount of physical activity involved in your work.

		Please mark one box only
a	I am not in employment (e.g. retired, student, retired for health reasons, unemployed, full time carer etc.)	
b	I spend most of my time at work sitting (such as in a office)	
c	I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)	
d	My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery workers etc.)	
e	My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)	

2. On an average week how many hours do you spend on each of the following activities?

		None	Some but less than 1 hour	1 hour but less than 3 hours	3 hours or more
a	Physical exercise such as swimming, jogging, aerobics, football, tennis, gym workout etc.				
b	Cycling, including cycling to work and during leisure time				
c	Walking, including walking to work, walking the dog, shopping for pleasure, gardening etc.				

3. Tick as appropriate

	Agree	No change	disagree	Don't know
As a result of the scheme I feel that I am now more physically active				
In my opinion, as a result of participating in the FSG scheme my physical wellbeing has improved.				
In my opinion, as a result of participating in the FSG scheme my mental wellbeing has improved				

In my opinion, as a result of participating in the FSG scheme I have been inspired to improve my health by:	Agree	disagree	Not applicable
Taking steps to quit smoking			
Monitoring my alcohol intake			
Walking or cycling more			
Eating healthier			

16+ have not participated in the last 2 months

1. What are the reasons for you not attending a free swim and gym session in the last 2 months? Please tick up to 3 reasons.

- I do enough physical activity
- No reasons
- Danger/fear of getting hurt
- Not sporty/do not enjoy it/find it boring don't want to
- Don't have the time
- Cost/cant afford it (if selected then open text box asking for more information)
- Can't get to the leisure centre easily
- Illness, disability or mobility issues
- I feel too old/overweight/unfit

- I feel self-conscious or embarrassed
- Difficulty in arranging childcare
- Other (please state)

3. Please tell us the type and amount of physical activity involved in your work.

		Please mark one box only
a	I am not in employment (e.g. retired, student, retired for health reasons, unemployed, full time carer etc.)	
b	I spend most of my time at work sitting (such as in an office)	
c	I spend most of my time at work standing or walking. However, my work does not require much intense physical effort (e.g. shop assistant, hairdresser, security guard, childminder, etc.)	
d	My work involves definite physical effort including handling of heavy objects and use of tools (e.g. plumber, electrician, carpenter, cleaner, hospital nurse, gardener, postal delivery workers etc.)	
e	My work involves vigorous physical activity including handling of very heavy objects (e.g. scaffolder, construction worker, refuse collector, etc.)	

4. On an average week how many hours do you spend on each of the following activities?

		None	Some but less than 1 hour	1 hour but less than 3 hours	3 hours or more
a	Physical exercise such as swimming, jogging, aerobics, football, tennis, gym workout etc.				
b	Cycling, including cycling to work and during leisure time				
c	Walking, including walking to work, walking the dog, shopping for pleasure, gardening etc.				

5+ to 15yrs have participated in the last 2 months

2. My child is 5-15 years old and physically active:

(e.g. active playing, cycling or running, playing sport, active travel, walking, riding a bike/scooting, school PE)

- At least 1 hour a day
 Less than 1 hour a day

3. Tick as appropriate

	Agree	No change	disagree	Don't know
As a result of the scheme I feel that my child is now more physically active				

5+ to 15yrs have not participated in the last 2 months

2. My child is 5-15 years old and physically active:

(e.g. active playing, cycling or running, playing sport, active travel, walking, riding a bike/scooting, school PE)

- At least 1 hour a day
 Less than 1 hour a day

3. What are the reasons for you or your child not attending a free swim and gym session in the last 2 months? Please tick up to 3 reasons.

- They do enough physical activity already
- No reason
- Danger/fear of getting hurt
- They are not sporty/do not enjoy it/find it boring don't want to
- Don't have the time
- Cost/cant afford it(if selected then open text box asking for more information)
- We can't get to the leisure centre easily
- Illness, disability or mobility issues
- They are self-conscious or embarrassed
- Other (please state)

Under 5 have participated in the last month

2. My child is under 5 years old, walking and physically active:

(e.g. active play, climbing, playing sport, riding a bike/scooter, skipping, running, walking, waterplay/swimming)

- At least 3 hours a day
 Less than 3 hours a day
 N/A as my child has not learned to walk yet

3. Tick as appropriate

	Agree	No change	disagree	Don't know
As a result of the scheme I feel that my child is now more physically active				

Under 5 have not participated in the last 2 months

2. My child is under 5 years old, walking and physically active:

(e.g. active play, climbing, playing sport, riding a bike/scooter, skipping, running, walking, waterplay/swimming)

- At least 3 hours a day
- Less than 3 hours a day
- N/A as my child has not learned to walk yet

3. What are the reasons for you or your child not attending a free swim and gym session in the last 2 months? Please tick up to 3 reasons.

- They do enough physical activity already
- No reason
- Danger/fear of getting hurt
- They are not sporty/do not enjoy it/find it boring don't want to
- Don't have the time
- Cost/cant afford it(if selected then open text box asking for more information)
- We can't get to the leisure centre easily
- Illness, disability or mobility issues
- They are self-conscious or embarrassed
- Other (please state)

All questionnaires will include the following text at the very end

Please let us know of any other comments on the scheme:

Open text box

We would like to carry out some further research for people who have joined the scheme.
Please tick below if you are happy to be contacted by a staff member from Everyone Active by phone to provide some further information.

- Yes I am happy to be contacted.
- No, please do not contact me.