

## Employee Survey – Walking

*Thank you for taking the employee walking survey. Please circle the answer you prefer.*

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1. What is your preferred maximum time for walking for exercise?
  - a. 5-10 minutes
  - b. 15-30 minutes
  - c. 35+ minutes
  
2. What time of day do you prefer to walk for exercise?
  - a. Early morning
  - b. Midmorning
  - c. Noon
  - d. Late afternoon
  - e. Evening
  
3. What is your walk style?
  - a. Stroller (Walk slowly, easy stride style)
  - b. Mid-pace walker (brisk walking style)
  - c. Power walker (fast paced walking style)
  
4. What helps you feel good while walking? (Circle all that apply.)
  - a. Walking with a friend(s)
  - b. Listening to music
  - c. An interesting environment
  - d. Pedometer (Tracking your steps)

5. What is preventing you from walking 30 minutes a day, 5 days a week? (Check all that apply.)

- a. N/A; I am already walking 30 minutes a day, 5 days a week
- b. Lack of motivation or interest
- c. Lack of time
- d. Lack of a safe place to walk
- e. Other (Write in answer):

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