Employee Survey – Walking

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

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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