Hello

We would like to hear your views about the sessions you have taken part in to understand why you came along, what you thought of the sessions and what’s kept you coming to the sessions.

The survey should take about 5 minutes of your time to complete. This survey is anonymous.

If you have any questions or would like to find out more, please email us at:

1. **How did you hear about the activity? Please tick.**

|  |  |  |  |
| --- | --- | --- | --- |
| From a friend or word of mouth |  | Newspaper |  |
| Website |  | Instagram |  |
| Facebook |  | Poster/flyer |  |
| Twitter |  |  |  |
| Other (please specify): | | | |

1. **Why did you decide to come to the session? Please choose your top 3 reasons**

* I wanted to improve my health/fitness **(achieving my goals)**
* I wanted to make a difference to how my body looks and feels – perhaps a bit more toned, lose a bit of weight **(looking good)**
* I thought that being more active would help me feel good about myself **(feeling good)**
* I hoped that doing an activity would give me a more positive outlook on life **(feeling good)**
* I was accompanying a friend or family member **(nurturing my friends and family)**
* I thought the activity would help manage a health condition or impairment **(achieving my goals)**
* I hoped that going to an activity would increase my sense of independence **(achieving my goals)**
* I wanted to do something sociable/make new friends **(nurturing my friends and family)**
* I wanted to try something enjoyable and fun **(Having fun)**
* I wanted to learn/try something new and different **(Developing my skills)**
* Other (please specify)

1. **How strongly do you agree with the following statements about the session(s) you have been to? Please rate on a scale of 1-5 where 1 is 'Strongly Disagree' and 5 is 'Strongly Agree'**

|  |  |
| --- | --- |
| I had a positive experience the first time I went | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| The session is welcoming and sociable | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| The instructor explains the activity well and puts people at ease | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| Going to a session gives me some time for myself | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| I am able to take part in the session whatever my level of fitness/ability | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| I feel the activity is making a difference to me | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| The location of the session is convenient or easy to get to | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |

1. **How enjoyable did you find the session you attended?**

**Please rate on a scale of 1-5 where 1 is 'not enjoyable' and 5 is 'very enjoyable'**

|  |
| --- |
| 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5  Not enjoyable Neutral Very enjoyable |

1. **Reflecting on your experiences during and in-between sessions, please indicate how**

**strongly you agree with each of the following. Please rate on a scale of 1-5 where 1 is 'Strongly Disagree' and 5 is 'Strongly Agree'**

|  |  |
| --- | --- |
| I feel part of something with other participants or friends that attend **(Togetherness)** | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| Other women inspire me to see what I can achieve **(Possibilities)** | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| I feel included and valued **(Belonging)** | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| I am encouraged to reflect on my achievements at the sessions **(Internalise)** | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| I feel supported or encouraged to attend by my family or friends **(Support)** | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |
| I am given advice on how to develop and progress **(Progression)** | 🞎 1 🞎 2 🞎 3 🞎 4 🞎 5 Strongly Disagree Neutral Strongly Agree |

1. **How physically active are you now, in comparison to before you attended your first session?**

* **Less** physically active
* **More** physically active
* **Same** level of physical activity

1. **What difference, if any, do you think attending the sessions has made to you? Please choose the three statements which are most important to you.**

* I have made more friends since attending the sessions **(nurturing my friends and family)**
* I feel I’m fitter and more active now than I used to be **(achieving my goals)**
* I feel less stressed and more positive **(feeling good)**
* I’m more involved in my community/not as lonely **(nurturing my friends and family)**
* It’s boosted my confidence **(feeling good)**
* I feel my sense of independence has increased because of attending **(achieving my goals)**
* The activity is helping me achieve my goals **(achieving my goals)**
* It feels good to be taking care of myself **(looking good/feeling good)**
* None of the above

1. **Has attending the sessions made any other differences to you and your life?**
2. **Do you intend to keep coming regularly to a session?**

* Yes, definitely
* Yes, I hope so
* I’m not sure
* I think it’s unlikely
* I expect I’ll stop at the end of this block of sessions

1. **Is there anything that could be changed or improved about the session(s) to encourage you to keep attending regularly?**

Many thanks for taking part in our survey. We really appreciate your help. By taking part, you will contribute significantly to our understanding and help more women Get Out and Get Active.