

SAMPLE EMPLOYEE SURVEY

1. Are you interested in participating in a fitness program? _____ yes _____ no

2. If interested, your preference would be: (Number your preferences in order of importance with "1" being of the most interest to you.)

_____ an off-site fitness center near my home in _____
(city/state)

_____ an off-site fitness center near my duty station

_____ a shower/locker room facility at my duty station

_____ a treadmill and basic weight lifting equipment at my duty station

3. Would you be willing to share the cost for membership at an off-site fitness center if the USGS arranged for a discount of the membership rate or reimbursed you for a portion of the rate? _____ yes _____ no

4. Do you currently belong to a fitness center? _____ yes _____ no

5. If so, which one? Name of Center: _____

Location of Center: _____

6. How often do you/would you use a fitness facility?

_____ daily _____ 1-3 days weekly _____ other, please explain

7. Please indicate below the time(s) you would be most likely to participate in a fitness program. (If you are currently an active member of a fitness center as noted above, indicate the time(s) you usually go to work out.)

8. Please number the activities in which you would be/are participating in order of interest with "1" being of the most interest to you.

_____ weight training _____ cycling _____ walking
_____ aerobic dance/exercise classes _____ swimming
_____ jogging _____ martial arts _____ kickboxing
_____ circuit training _____ other, please explain

9. What type of equipment do you prefer when you exercise?
(Indicate all preferences in order of importance with "1" being of most interest to you.)

_____ weight training machines (e.g., Nautilus equipment)
_____ treadmill _____ free weights _____ resistance bands
_____ Universal Gym _____ rowing machines
_____ stationary bike _____ life cycles
_____ other, please explain _____

10. Would you participate in a USGS-sponsored program that provided an individual health and fitness assessment? _____ yes _____ no

11. Please indicate your interest in any of the following classes or activities by an "X".

_____ aerobics _____ yoga _____ smoking cessation
_____ weight watchers other (write in) _____