

## SAMPLE EMPLOYEE SURVEY

- [illegible]

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

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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) \_\_\_\_\_