



Richland Walks Pre-Challenge Participant Survey

Please circle the number that best represents your opinion.

1 How would you rate your overall health?

Poor 1 2 3 4 5 Excellent

2 How physically active are you?

Inactive 1 2 3 4 5 Very Active

3 How important do you feel physical activity is for your health?

Not Important 1 2 3 4 5 Very Important

4 How knowledgeable are you about the risks of being inactive or sedentary?

Very Little 1 2 3 4 5 Great Deal

5 Are there opportunities to become physically active in your community?

No Opportunities 1 2 3 4 5 Many Opportunities

6 How motivated are you to be more physically active?

Not Motivated 1 2 3 4 5 Highly Motivated

