* **Form Questions:**
  + **Name – First and Last**
  + **DOB**
  + **Address: State, suburb, postcode**
  + **Gender - Male, Female, other, prefer not to say**
  + **Aboriginal or Torres Strait islander**
  + **Language other than English spoken at home (Y/N)**
  + **Recipient, Carer, living donor, donor family, Waiting for a transplant, Dialysis, Health Professional, Sports Coach/Professional**
  + **Transplant Type (Bone Marrow, Pancreas, Kidney, Liver, Heart, Lung, Cornea, Other Tissue, Not applicable) Dropdown box – add option for multi select in case of more that one type of organ transplanted.**
  + **Year of transplant (if you have received multiple transplants, enter the year of most recent one)**
  + **Preference for meeting in person/on the phone/ online/ any of the above**
  + **Drop down list of sports/activities that you have an interest in - include not just sports, but pilates, walking, Board Games, etc.** 
    - **Sports include: running, Pilates/yoga, cycling, triathlon, swimming, bowls/petanque, ball sports (football, volleyball etc)**
* **I have faced challenges during the transplant/dialysis journey that I have successfully overcome?**
  + **Scale: Strongly Disagree – Strongly agree**
  + **Not applicable**
* **What best describes your living situation**
* **What best describes your living situation**
* **Single, no dependents**
* **Single, with dependents**
* **Couple, no dependents**
* **Couple, with dependents**
* **I am looking for: (tick all that apply)**
* **Peer Support and connection with someone with similar life experiences**
* **Goal Setting, accountability and motivation**
* **Sports Mentoring (High Performance/Sports Psychology) - Drop down list of 19 Sports and Other (free text)**
* **Being part of a community with positive, like-minded people.**
* **Guidance and support in return to work/study and an active life.**
* **How often do you engage in physical exercise or sports?**

**(Very often = 3+ times per week, Often = 2+ times per week, sometimes once or twice per week – not consistent)**

* + 1: Never
  + 2: Rarely
  + 3: Sometimes
  + 4: Often
  + 5: Very often
  + **Do you have days where you feel overwhelmed by your or your family’s health journey?**
  + **1: Not at all**
  + **2: Rarely**
  + **3: Sometimes**
  + **4: Often**
  + **5: Very often**
* **Do you like animals and have pets?**
  + 1: Strongly dislike animals
  + 2: Dislike animals
  + 3: Neutral
  + 4: Like animals
  + 5: Strongly like animals
* **I feel I have barriers to returning to physical activity or work?**
  + **1: Not at all**
  + **2: Rarely**
  + **3: Sometimes**
  + **4: Often**
  + **5: Very often**
  + **6. Not applicable**
* **I have clear long-term health and activity goals and aspirations?**
  + **Scale: Strongly Disagree – Strongly agree**
* **Do you enjoy cooking and trying new recipes?**
  + 1: Strongly dislike cooking
  + 2: Dislike cooking
  + 3: Neutral
  + 4: Like cooking
  + 5: Strongly like cooking
* **How important is travel and exploring new places to you?**
  + 1: Not important at all
  + 2: Slightly important
  + 3: Moderately important
  + 4: Very important
  + 5: Extremely important
* **I have strategies to handle stress and maintain a balance in my life?**
  + **Scale: Strongly Disagree – Strongly agree**
* **I feel motivated to stay engaged in my or my family’s recovery and health management?**
  + **1: Not at all**
  + **2: Rarely**
  + **3: Sometimes**
  + **4: Often**
  + **5: Very often**
* **I have had a mentor or support person who has significantly influenced my transplant/carer journey?**
  + **Scale: Strongly Disagree – Strongly agree**
* **Do you prefer spending your free time indoors or outdoors?**
  + 1: Strongly prefer indoors
  + 2: Prefer indoors
  + 3: Neutral
  + 4: Prefer outdoors
  + 5: Strongly prefer outdoors