**Survey**

1. Please choose your gender.

A) Male  
B) Female

2. Please select your approximate age.

A) 60 – 70  
B) 70 – 80  
C) 80 – 90  
D) 90 – 100

3. Do you consider yourself to be healthy or have a healthy lifestyle?

A) Yes  
B) No  
C) Unsure  
D) My health is compromised

4. Do you regularly exercise?

A) Yes  
B) No

5. When working out do you prefer exercising in groups or individually?

A) Individual  
B) Group  
C) Both

6. Do you prefer individual activities or group activities?

A) Individual  
B) Group  
C) Both

7. Do you have regular appointments for mental health?

A) Yes  
B) No

8. When you have appointments and activities you want to participate in, how do you schedule and reserve them?

A) Calling  
B) Website  
C) Application

9. How often do you use the internet and applications?

A. Never before  
B. Once Before  
C. More than once (not regularly)  
D. Regularly (Primarily)

10. Do you use a smart Phone?

A) Yes  
B) No

11. Do you reside in an assisted living center?

A) Yes  
B) No

12. Do you have family, a partner or a support system?

A) Yes  
B) No,  
C) Yes but with limitations (distance, etc)

13. Have you ever had difficulty involving transportation, driving, and general mobility issues?

A) Never  
B) Once  
C) Multiple times but not regularly  
D) It is a regular challenge

14. Do you take any medication

A) Yes  
B) No

15. How many prescriptions do you take?

A) 0  
B) 0 – 5  
C) 5 – 10  
D) 10 +

16. How often do you miss taking a medication?

A) Never  
B) Sometimes  
C) Often