

Physical Exercise Behaviors Survey

Thank you for taking the time to complete this physical exercise behaviors survey. The survey goal was to identify how often people exercise and what kind of sports they like 🏊‍♂️ 🚴‍♀️ 🧘‍♀️ 🚶‍♀️ 🏃‍♀️ 🏈 .

Participation is anonymous, and your response will be kept confidential. This form is part of the STATS 220 project, STATS 220 is a second-stage statistics course at the University of Auckland. The data collected from this form will be used for educational purposes only and will be shared with STATS 220 lecturers and markers.

If you have any questions or concerns, please don't hesitate to contact Ella Yao: yyao243@aucklanduni.ac.nz 🐱

* Indicates required question

1. **How old are you?** *
- (Please enter a number)

2. **What is your sex?** *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Prefer not to say

3. **Have you exercised this week?** *

Mark only one oval.

- ☐ Yes Skip to question 4
- ☐ No

Skip to question 4

Exercise Behavior

4. **What kind of sport or physical activity do you primarily do this week? ***



Mark only one oval.

- ☐ Running
- ☐ Cycling
- ☐ Swimming
- ☐ Rugby
- ☐ Badminton
- ☐ Basketball
- ☐ Tennis
- ☐ Others

5. **How many days did you exercise this week? ***

(Please enter a number between 0 and 7)

6. **On average, how many hours did you spend on the exercising day? ***

(Please answer as a whole number or reserve one decimal place, i.e. 1 or 2.5)

7. **What was the intensity level of your exercise this week? ***

Mark only one oval.

☐ Low

☐ Moderate

☐ High

8. **Is there anything specific that affected your exercise performance or motivation this week? ***

(Check all that apply)

Tick all that apply.

☐ Work/School Tasks

☐ Injury or Soreness

☐ Weather Conditions

☐ Lack of Motivation

☐ None

9. **Where do you usually exercise this week? ***

Tick all that apply.

☐ Home

☐ Gym

☐ Park

☐ Road

10. **What is the main reason you exercise? ***

Mark only one oval.

☐ Enhance the physical

☐ Losing weight

☐ For entertainment

☐ Relieve the pressure

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