



QUESTIONNAIRE: ABOUT YOU!

We are conducting a science experiment called Fit to Study that is investigating the impact of PE on physical activity, health and wellbeing. In this online assessment you are going to answer some questions about yourself, your thoughts and feelings, and your physical activity.

There are no 'right' or 'wrong' answers to these questions – the first answer you think of is usually the best one. You can click a different button if you change your mind about an answer, but once you click 'submit answers' you can't go back to the previous page.



THINGS YOU NEED TO START:

- ✓ **School computer**
- ✓ **Quiet room or space where you will not be distracted**
- ⌚ **Check the time.** The questionnaire will take up to 20 minutes and must be done all in one go i.e. you cannot pause it.



TO COMPLETE THE TASK:

1. Log in to the school computer
2. Open an internet browser (e.g. Google Chrome, Safari, Firefox, Internet Explorer)
3. Type in the following URL:
tinyurl.com/mtpv5m9
4. Enter your 8-digit ID number which is on your sticky label (*if you have lost your ID number, click the link 'I forgot my ID number' and follow the instructions. If this does not work, ask your form-tutor as they should have a record of your ID number*)
5. Confirm your ID number and enter your date of birth in this format: DD/MM/YYYY
7. Complete the assessment: you will be prompted to answer all the questions



You are done! Thank you very much.



Fit to Study

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