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NatCen
Social Research that works for society

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Online Assessment

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, but once you click 'next' you can't go back to the previous page.

Please complete this assessment quietly so you can concentrate: your answers are important to us. It takes about 20 minutes and it should be done all at once.

To start this task:

1. Login 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 has been printed at the bottom of this page
5. Confirm your ID-number and enter your date of birth in this format: DD/MM/YYYY
6. Take the survey: you will be prompted to complete all the answers
7. You are done! Thank you very much.

Name:

ID Number: