

Hi, we are students from Fontys UAS conducting a survey on behalf of the InnoBeweegLab. This is a small survey to think about your own concept for Vitality and what could improve the overall health for your community. Vitality is all about feeling good and having the energy to do the things you love.

1. What is your gender?
 - ☐ Man
 - ☐ Woman
 - ☐ Open Answer/ Other / No shenanigans
2. Age group
 - ☐ Below 18
 - ☐ 18 – 25
 - ☐ 26 – 45
 - ☐ 46 – 55
 - ☐ Above 55
3. Are you in a shared household?
 - ☐ No
 - ☐ If yes, how many people are you living with?
4. Which situation is most applicable to you?
 - ☐ Student
 - ☐ Working
 - ☐ Unemployed
 - ☐ Retired
5. What comes to mind when you hear the word 'vitality'?
 - ☐ Energy
 - ☐ Mental clarity
 - ☐ Physical health
 - ☐ Other
6. When you experience a sense of vitality, what does this feel like to you?
7. How would you describe your current level of vitality (physical activity)?
 - ☐ Extremely low
 - ☐ Somewhat low
 - ☐ Moderate
 - ☐ Somewhat high
 - ☐ Extremely high
8. What helps you experience vitality in your life?
9. Do you do any sports?
 - ☐ Yes, which
 - ☐ No
10. What is the reason for that?
 - ☐ Missing Facilities
 - ☐ Health Issues
 - ☐ I don't like doing sports
 - ☐ Other
11. Do you know most of your neighbors? (See the connection between people)
 - ☐ All of them

- Most of them
 - A few of them
 - None of them
12. Do you participate in any neighborhood communal activities (Exercise)?
- If yes, which answer
 - If not, why?
13. Do you meet them during local events?
- Yeah
 - Other
14. On a scale of 1-10, how satisfied are you with your current level of physical activity or exercise?
(closed-ended)
15. How does being physically active or inactive impact your mood or mental well-being? (open-ended)
16. What types of physical activity or exercise do you enjoy the most? (open-ended)
17. Do you have any other comments, questions or concerns?