



2010 AAPS CHARITY FITNESS PRE-CHALLENGE SURVEY



Please help us by participating in our 2010 AAPS Charity Fitness Pre-Challenge Survey. Your feedback is very important. The information being collected will remain confidential. It is only being read in aggregate and will not be attached to anyone's name. At the end of the challenge the results from our pre and post survey will be available to all participants. Please submit all surveys by April 1, 2010.

1. Please print your first and last name: _____

2. Please print the name of the building/department in which you perform the majority of your assignment: _____

3. Please circle your union affiliation:

- | | | | | |
|--------|---------|---------------------------|-----------------------------|----------------------|
| AAEA | AAAA | ASCSA | AFSCME (Cust./Maint.) | AFSCME (Techs) |
| AAEA/P | AAEA/OP | Teamsters 214 (cafeteria) | Teamsters 214 (Bus Drivers) | Designated Non-Union |

4. Please print your job/position title: _____

5. Please circle the height range that best describes you:

- | | | | | |
|---------------|---------------|--------------|---------------|--------------|
| 4'5" to 4'11" | 5'0" to 5'4" | 5'5" to 5'7" | 5'8" to 5'11" | 6'0" to 6'4" |
| 6'5" to 6'7" | 6'8" to 6'11" | 7'0" to 7'4" | Over 7'4" | |

6. Please circle the weight range that best describes you:

- | | | | | | |
|-------------|---------|---------|---------|---------|---------------|
| Less the 90 | 91-110 | 111-125 | 126-145 | 146-165 | 166-185 |
| 186-205 | 206-225 | 226-245 | 246-265 | 266-285 | 286-305 |
| 306-325 | 326-345 | 346-365 | 366-385 | 386-405 | More then 405 |

7. Please circle the number of days you are currently exercising each week? 0 1 2 3 4 5 6 7

8. How many minutes of physical activity do you reach each day you exercise?

- | | | | | | | |
|-------|-------|--------|---------|---------|-------|-------|
| 10 | 10-20 | 20-30 | 30-40 | 40-50 | 50-60 | 60-70 |
| 70-80 | 80-90 | 90-100 | 100-110 | 110-120 | > 120 | |

9. Please circle the response listed that best relates to you:

- | | |
|--|---|
| I have no plans to exercise in the next 6 months | I plan to exercise but I have not started |
| I have been exercising for less than 6 months | I have been exercising for more than 6 months |

Thank you for completing the 2010 Charity Fitness Pre-Challenge Survey.

You may either return this hard copy through inner school mail: 2010 Fitness Challenge Rec/Ed, 1515 S. 7th St. or enter your information on Zoomerang using the link listed below or from the AAPS Web

<http://www.zoomerang.com/Survey/WEB22ACKSXGU9X>