

How active is our community?

Kia ora tātou!

Let's find out how active our community is by filling out the survey.

***Required**

1. What is your age? *

Mark only one oval.

- 5-7
- 8-11
- 12-14
- 15-17
- 18-24
- 25-34
- 35-49
- 50-64
- 65-74
- 75+

2. What is your gender? *

Mark only one oval.

- Male
- Female
- Other

3. Do you enjoy being active? *

Mark only one oval.

- Yes
- No

4. What motivates you to be active? *

Tick all that apply.

- Entertainment
- Health and fitness
- To learn new skills
- To express myself
- To build confidence
- I enjoy competition
- To make more friends
- My parent/guardian want me to be
- Other: _____

5. What are your favourite ways to stay active? *

Tick all that apply.

- Running/jogging/cross country
- Playing (eg, running around, climbing trees)
- Games (eg, four square, tag, dodgeball)
- Playing on playground (eg, jungle gym)
- Swimming
- Cycling
- Walking for fitness
- Trampoline
- Scootering
- Football/soccer/futsal
- Rugby
- Netball
- Basketball
- Winter sports (eg, skiing, snowboarding, sledding)
- Cricket
- Gym
- Golf
- Tennis
- Dance
- Other: _____

6. Do you spend more time participating in 'organised' or 'unorganised' sport? *

Mark only one oval.

- Organised (eg, PE class, club rugby, club football, etc.)
- Unorganised (eg, Swimming for fun, playing at the playground, etc.)
- I spend about the same amount of time doing both organised and unorganised activity.

7. How much time do you spend being active every week? *

Mark only one oval.

- 0-1 hours
- 2-4 hours
- 5-6 hours
- 7-8 hours
- 9-10 hours
- 11-15 hours
- 16+ hours

8. Would you like to spend more time each week being active? *

Mark only one oval.

- Yes
- No

9. What are some 'barriers' that stop you from being as active as you'd like to be? *

Tick all that apply.

- Too busy
- Too tired/no energy
- I prefer to do other things
- Struggle to motivate myself
- Hard to get to training and competitions
- I don't have the equipment I need
- Other: _____