Active Lives Survey

This survey asks about healthy lifestyles and leisure, recreational, and cultural activities. It is being conducted on behalf of government agencies including Sport England, Arts Council England and Public Health England by Ipsos MORI, an independent social research organisation.

Example

Below is an example of the type of question you may be asked in the questionnaire...

If you see the symbol it means there is extra information available to help you answer the question.

'I have played football and cricket within the past 12 months. I have played football within the past 4 weeks but not cricket.'

Have you done this activity in the past 12 months?  If you haven't please leave the box blank

Yes

Have you done this activity in the past 4 weeks?  If you haven't please leave the box blank

Yes

'I have played football on 8 days in the past 4 weeks. I have not played cricket in the past 4 weeks so I have left those boxes blank.'

If you have done this activity during the past 4 weeks could you tell us...

...on how many days you did it?

Days (in past 4 weeks)

Yes

...the time you usually spent on the activity per day

Hours (per day)

Mins (per day)

Yes

...if the effort you usually put into the activity was enough to...

...raise your breathing rate

Yes

...make you out of breath or sweat

Yes

Team Sports

Football

Cricket
### Q1 Have you done any of these activities in the past 12 months?  
*Please ✓ all that apply*

1. Spent time doing a creative, artistic, theatrical or music activity or craft
2. Attended an event, performance or festival involving creative, artistic, dance, theatrical or music activity
3. Used a public library service
4. Attended a museum or gallery

**Spent time doing arts:** Include any activities connected with painting, artistic photography, sculpture, digital or electronic art/music, crafts, music, literature, drama and the theatre, carnivals, circus and festivals. Include professional, amateur and faith based activities in your local area and elsewhere.

**Attended arts:** Include indoor or outdoor events, performances or festivals connected with painting, sculpture, crafts, music, literature, dance, drama and the theatre, carnivals and circus. Include photography exhibitions. Include professional, amateur and faith based events in your local area and elsewhere. Include attending a live cinema screening of an arts or creative event or performance. Do not include attending the cinema to watch a film.

**Used a public library service:** Include public library services used in your local area and elsewhere during visits to library buildings and mobile libraries as well as library services accessed online. Include book borrowing, e-book borrowing, accessing information, or attending meetings, events, courses, or clubs.

**Attended a museum or gallery:** Include museums and galleries attended in your local area and elsewhere.

### Q2 Have you attended a live sports event in the past 12 months?  
*Please ✓ one box only*

- Yes  Go to Q3
- No  Go to Q5

**Attended live sports event:** Include all matches and competitions, including professional sport as well as watching family and friends compete.

### Q3 How many times have you attended a live sports event in the past 12 months?  
*Please ✓ one box only*

- Once
- Twice
- Three or more times

### Q4 Have you attended a live sports event in the past 4 weeks?  
*Please ✓ one box only*

- Yes
- No
Q5

Listed below are types of **walking**, **cycling**, **gardening** and **dance** which you may have done within the past 12 months.

Please ✓ all activities that you have done within the past 12 months; answering the follow up questions for each activity as appropriate.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Have you done this activity in the past 12 months?</th>
<th>Have you done this activity in the past 4 weeks?</th>
<th>If you have done this activity during the past 4 weeks could you tell us...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes ☑️</td>
<td>Yes ☑️</td>
<td>...on how many days you did it?</td>
</tr>
<tr>
<td></td>
<td>Days (in past 4 weeks)</td>
<td>Hours (per day)</td>
<td>Mins (per day)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yes ☑️ No ☐</td>
<td>Yes ☑️ No ☐</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yes ☑️ No ☐</td>
<td>Yes ☑️ No ☐</td>
</tr>
</tbody>
</table>

**Walking**

- Walking for travel
- Walking for leisure (incl. dog walking and rambling)

**Cycling**

- Cycling for travel (including commuting)
- Cycling for leisure and all other cycling

**Gardening**

**Dancing**

- Creative or artistic dance
- Other types of dance

I have not done any of these activities in the past 12 months ☐

**Walking**: Include all continuous walks of at least 10 minutes without stopping. If you stop for short breaks, such as waiting to cross a road this still counts as continuous. Exclude walking around the shops. Include walking a dog as leisure walking. Mountain/hill walking and hiking should be included at the next question on page 5.

**Creative or artistic dance**: For example ballet, ballroom, belly dancing, contemporary, contact improvisation, Flamenco, folk, hip-hop, historical/period, Irish, jazz, jive, Latin American, line or square dancing, salsa, street dance, South Asian, tango or tap.

**Other types of dance**: Dance based fitness classes/Zumba should be included under the fitness section later in the questionnaire.
### Q5

Listed below are [sport, fitness and recreation activities](#) which you may have done within the past 12 months. Please ✓ all activities that you have done within the past 12 months; answering the follow up questions for each activity as appropriate.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Past 12 months?</th>
<th>Past 4 weeks?</th>
<th>Days (in past 4 weeks)</th>
<th>Hours (per day)</th>
<th>Mins (per day)</th>
<th>Effort enough?</th>
<th>Breath rate?</th>
<th>Out of breath?</th>
<th>Sweat?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Team sports</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football (includes small sided football)</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cricket (includes nets practice)</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rugby union (includes touch and sevens)</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rugby league (includes touch)</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hockey (field)</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Racket sports</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Badminton</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash or racketball</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Table tennis</td>
<td>☐</td>
<td>☑</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I have not done any of these activities in the past 12 months ☐
Listed below are **sport, fitness and recreation activities** which you may have done within the past 12 months

*Please √ **all** activities that you have done within the past 12 months; answering the follow up questions for each activity as appropriate*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Have you done this activity in the <strong>past 12 months</strong>?</th>
<th>Have you done this activity in the <strong>past 4 weeks</strong>?</th>
<th>If you have done this activity during the <strong>past 4 weeks</strong> could you tell us...</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes √</td>
<td>Yes</td>
<td>...on how many days you did it?</td>
</tr>
<tr>
<td></td>
<td>Yes √</td>
<td></td>
<td>...the time you usually spent on the activity <strong>per day</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>...if the effort you usually put into the activity was enough to...</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>...raise your breathing rate</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>...make you out of breath or sweat</td>
</tr>
<tr>
<td><strong>Adventure and water sports</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hill and mountain walking, hiking, mountaineering</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Climbing or bouldering (including rock and wall)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Rowing</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Sailing or windsurfing</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Canoeing, kayaking or rafting</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Running or athletics</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Track and field athletics</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Running or jogging</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td><strong>Other sports</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Golf (includes pitch &amp; putt)</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Horse riding</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>Bowls</td>
<td>☐</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

I have not done any of these activities in the past 12 months ☐
Listed below are **sport, fitness and recreation activities** which you may have done within the past 12 months. Please ✔ _all_ activities that you have done within the past 12 months; answering the follow up questions for each activity as appropriate.

<table>
<thead>
<tr>
<th>Fitness activities</th>
<th>Days (in past 4 weeks)</th>
<th>Hours (per day)</th>
<th>Mins (per day)</th>
<th>...if the effort you usually put into the activity was enough to...</th>
<th>...raise your breathing rate</th>
<th>...make you out of breath or sweat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mixed fitness or gym session</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise bike</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Treadmill</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rowing machine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other exercise machine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body weight exercises (e.g. pull ups, press ups, sit ups)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Free weights (includes kettlebells and dumb bells)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weightlifting or powerlifting (using a barbell)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I have not done any of these activities in the past 12 months ☐

---

*Mixed fitness or gym session*: A session combining several gym or fitness machine activities. If you tick this box do not tick all the individual machines or activities you do as part of the session.
Listed below are **sport, fitness and recreation activities** which you may have done within the past 12 months. Please **✓** all activities that you have done within the past 12 months; answering the follow up questions for each activity as appropriate.

<table>
<thead>
<tr>
<th>Fitness activities continued .....</th>
<th>Have you done this activity in the past 12 months?</th>
<th>Have you done this activity in the past 4 weeks?</th>
<th>If you have done this activity during the past 4 weeks could you tell us...</th>
<th>Days (in past 4 weeks)</th>
<th>Hours (per day)</th>
<th>Mins (per day)</th>
<th>if the effort you usually put into the activity was enough to...</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boxing class (e.g. Boxercise, body combat)</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Cardio class (e.g. aerobics, step aerobics, body attack)</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Cycle class (e.g. spinning, RPM)</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Dance based class (e.g. Zumba, fitsteps, ravercise or body jam)</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Water-based classes (e.g. aquaerobics, aquafit)</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Circuit or cross training, cross fit, HIT or boot camp</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Pilates</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Yoga</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Tai Chi</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>Other fitness or exercise class</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
<td>☐️</td>
</tr>
<tr>
<td>I have not done any of these activities in the past 12 months ☐️</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Listed below are **sport, fitness and recreation activities** which you may have done within the past 12 months

Please ✔ all activities that you have done within the past 12 months; answering the follow up questions for each activity as appropriate

<table>
<thead>
<tr>
<th>Have you done this activity in the <strong>past 12 months?</strong> If you haven’t please leave the box blank</th>
<th>Have you done this activity in the <strong>past 4 weeks?</strong> If you haven’t please leave the box blank</th>
<th>If you have done this activity during the <strong>past 4 weeks</strong> could you tell us...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes ✔</td>
<td>Yes ✔</td>
<td>...on how many days you did it?</td>
</tr>
<tr>
<td>Days (in past 4 weeks)</td>
<td>Hours (per day)</td>
<td>Mins (per day)</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Other sports**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes ✔</th>
<th>Yes ✔</th>
<th>Days (in past 4 weeks)</th>
<th>Hours (per day)</th>
<th>Mins (per day)</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boxing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Martial arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Angling or fishing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shooting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skiing or snowboarding</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gymnastics or trampolining</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Garden trampolining</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I have not done any of these activities in the past 12 months □

**Other sports or fitness activities you have done in the** **past 12 months** Please **write in capitals**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes ✔</th>
<th>Yes ✔</th>
<th>Days (in past 4 weeks)</th>
<th>Hours (per day)</th>
<th>Mins (per day)</th>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Q6  **Thinking about exercise in general, to what extent do you agree or disagree with the following statements?**  
*Please √ one box for each statement*

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) I find exercise enjoyable and satisfying</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) It's important to me to exercise regularly</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c) I feel guilty when I don't exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d) I exercise because I don't want to disappoint other people</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q7  **Thinking about physical activity in general, to what extent do you agree or disagree with these statements?**  
*Please √ one box for each statement*

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
<th>Don't know</th>
</tr>
</thead>
<tbody>
<tr>
<td>a) I feel that I have the opportunity to be physically active</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b) I feel that I have the ability to be physically active</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Q8  **During the last 12 months, have you given any of your time to do any of the following activities?**  
*Only include unpaid activities (payments to cover expenses are allowed) Please √ all box that apply*

<table>
<thead>
<tr>
<th>Activity</th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Raise funds for a sports club, organisation or event</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Perform an administrate or committee role for a sports organisation,</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>activity or event (e.g. chairman, treasurer, social secretary, first</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>aider, welfare officer)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provide transport which helps people take part in sport</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(other than for family members)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Act as a steward or marshal at a sports activity or event (this may</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>include helping with registration, marking the route etc)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Coaching or instructing an individual or team(s) in a sport</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>or recreational physical activity (other than solely for family members)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other; provide any other help for a sport or recreational physical</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>activity (such as welcoming people, helping with refreshments, setting</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>out equipment, marketing)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Referee, umpire, or officiate at a sports match, competition or event</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No, have not participated in any of these activities in the last 12</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>months</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Go to Q10
If you have given your time to support sport, fitness or recreation activities in the past 12 months

Q9 Think about all those sport and fitness activities you have given your time to support. Have you volunteered **on more than one occasion** in the last 12 months? **Please ✓ one box only**

Yes ☐  No ☐

You and your household

Please be assured that we are bound by the Market Research Society Code of Conduct and all of your details are held in the strictest confidence

Q10 Which of the following describes how you think of yourself? **Please ✓ one box only**

Male ☐  Female ☐  In another way ☐

Q11 What is your age?

☐ ☐ ☐ years old

Q12 Including yourself how many adults live in your household? (include those aged 16 and over)

If you live by yourself please write 1

☐ ☐ ☐ adults aged 16 and over

Q13 How many children or young people aged 0-15 years live in your household?

If there are no children living here please write 0

☐ ☐ ☐ people aged 0-15 years

If there are children aged 0-15 in the household...

Q14 How old are the children or young people in your household? Only include those aged 0-15.

*If there are no children living here leave the boxes blank*

Child 1 ☐ ☐ ☐ years old  Child 4 ☐ ☐ ☐ years old

Child 2 ☐ ☐ ☐ years old  Child 5 ☐ ☐ ☐ years old

Child 3 ☐ ☐ ☐ years old  Child 6 ☐ ☐ ☐ years old

Q15 Please tell us how members of your household are related to you. **Please ✓ all the boxes that apply**

Partner or spouse ☐

Son(s) or daughter(s) (including step-children) who live with me **full time** ☐

Son(s) or daughter(s) (including step-children) who only live with me **part of the time** ☐

Mother or father (including mothers/fathers-in-law and step-mother or step-father)

Grandparent(s)

Grandchild or grandchildren

Sister(s) or brother(s) ☐

Other relation

Friend(s) or house shares

Lodger(s) or someone else renting a room

Please and think about all those sport and fitness activities you have given your time to support. Have you volunteered **on more than one occasion** in the last 12 months? **Please ✓ one box only**

Yes ☐  No ☐

You and your household

Please be assured that we are bound by the Market Research Society Code of Conduct and all of your details are held in the strictest confidence

Q10 Which of the following describes how you think of yourself? **Please ✓ one box only**

Male ☐  Female ☐  In another way ☐

Q11 What is your age?

☐ ☐ ☐ years old

Q12 Including yourself how many adults live in your household? (include those aged 16 and over)

If you live by yourself please write 1

☐ ☐ ☐ adults aged 16 and over

Q13 How many children or young people aged 0-15 years live in your household?

If there are no children living here please write 0

☐ ☐ ☐ people aged 0-15 years

If there are children aged 0-15 in the household...

Q14 How old are the children or young people in your household? Only include those aged 0-15.

*If there are no children living here leave the boxes blank*

Child 1 ☐ ☐ ☐ years old  Child 4 ☐ ☐ ☐ years old

Child 2 ☐ ☐ ☐ years old  Child 5 ☐ ☐ ☐ years old

Child 3 ☐ ☐ ☐ years old  Child 6 ☐ ☐ ☐ years old

Q15 Please tell us how members of your household are related to you. **Please ✓ all the boxes that apply**

Partner or spouse ☐

Son(s) or daughter(s) (including step-children) who live with me **full time** ☐

Son(s) or daughter(s) (including step-children) who only live with me **part of the time** ☐

Mother or father (including mothers/fathers-in-law and step-mother or step-father)

Grandparent(s)

Grandchild or grandchildren

Sister(s) or brother(s) ☐

Other relation

Friend(s) or house shares

Lodger(s) or someone else renting a room

Please and think about all those sport and fitness activities you have given your time to support. Have you volunteered **on more than one occasion** in the last 12 months? **Please ✓ one box only**

Yes ☐  No ☐

You and your household

Please be assured that we are bound by the Market Research Society Code of Conduct and all of your details are held in the strictest confidence

Q10 Which of the following describes how you think of yourself? **Please ✓ one box only**

Male ☐  Female ☐  In another way ☐

Q11 What is your age?

☐ ☐ ☐ years old

Q12 Including yourself how many adults live in your household? (include those aged 16 and over)

If you live by yourself please write 1

☐ ☐ ☐ adults aged 16 and over

Q13 How many children or young people aged 0-15 years live in your household?

If there are no children living here please write 0

☐ ☐ ☐ people aged 0-15 years

If there are children aged 0-15 in the household...

Q14 How old are the children or young people in your household? Only include those aged 0-15.

*If there are no children living here leave the boxes blank*

Child 1 ☐ ☐ ☐ years old  Child 4 ☐ ☐ ☐ years old

Child 2 ☐ ☐ ☐ years old  Child 5 ☐ ☐ ☐ years old

Child 3 ☐ ☐ ☐ years old  Child 6 ☐ ☐ ☐ years old

Q15 Please tell us how members of your household are related to you. **Please ✓ all the boxes that apply**

Partner or spouse ☐

Son(s) or daughter(s) (including step-children) who live with me **full time** ☐

Son(s) or daughter(s) (including step-children) who only live with me **part of the time** ☐

Mother or father (including mothers/fathers-in-law and step-mother or step-father)

Grandparent(s)

Grandchild or grandchildren

Sister(s) or brother(s) ☐

Other relation

Friend(s) or house shares

Lodger(s) or someone else renting a room
Q16  Do you have any children (of any age, including adults) who no longer live with you?  
*Please ✅ one box only*

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>

Q17  How good is your health? Is it.......  
*Please ✅ one box only*

<table>
<thead>
<tr>
<th>Very good</th>
<th>Good</th>
<th>Fair</th>
<th>Bad</th>
<th>Very bad</th>
</tr>
</thead>
</table>

Q18  Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more?  
*Please ✅ one box only*

<table>
<thead>
<tr>
<th>Yes</th>
<th>Go to Q19</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Go to Q21</td>
</tr>
<tr>
<td>Prefer not to say</td>
<td>Go to Q21</td>
</tr>
</tbody>
</table>

- **Long term pain:** persistent or chronic pain, for example from arthritis
- **Chronic health conditions:** examples include diabetes, coronary heart disease, stroke, epilepsy and hypertension
- **Mobility:** conditions affecting the ability to move around, for example muscle weakness, joint problems, or neurological conditions
- **Dexterity:** impact on fine motor skills or movements, for example maintaining a hold on items.
- **Mental Health:** includes anxiety disorders, bipolar disorder, depression, eating disorders, personality disorders, psychosis and schizophrenia
- **Visual:** includes total blindness and low vision that cannot be corrected with standard glasses or contact lenses
- **Breathing:** conditions that may result in breathlessness, asthma attacks or fatigue. Examples include bronchitis, fibrosis, pulmonary edema, and asbestosis
- **Memory:** difficulty consistently remembering information which impacts on daily life
- **Hearing:** partially or wholly lacking hearing, in one or both ears.
- **Learning:** reduced intellectual ability and difficulty with everyday activities
- **Speech:** disruption in normal speaking patterns, for example lisps and dyspraxia
- **Behavioural:** behaviour traits that have a negative impact on daily life and/or social interactions or that make certain tasks more difficult

Q19  Do these physical or mental health conditions or illnesses have a substantial effect on your ability to do normal daily activities?  
*Please ✅ one box only*

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Prefer not to say</th>
</tr>
</thead>
</table>

Q20  Does this disability or illness affect you in any of the following areas? 🔄  
*Please ✅ all the boxes that apply to you*

- **Long term pain**
- **Chronic health condition**
- **Mobility**
- **Dexterity**
- **Mental health**
- **Visual**
- **Breathing**
- **Memory**
- **Speech**
- **Behavioural**
- **Learning**
- Prefer not to say
Q21  How many portions of fruit did you eat yesterday?
1 Please include all fruit, including fresh, frozen, dried or tinned fruit, stewed fruit or fruit juices and smoothies.

<table>
<thead>
<tr>
<th>Portions</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

What should I count as a portion? A portion is half a large fruit such as a grapefruit, avocado, one medium sized fruit such as an apple, orange or pear, 2 small fruits such as plums or satsumas, a handful of grapes or berries, a heaped tablespoon of dried fruit, 3 heaped tablespoons of fruit salad or stewed fruit, 150ml fruit juice. Please do not include more than 150ml of fruit juice (including fruit juice contained within smoothies). This is because only one portion of fruit juice counts towards your 5-a-day.

Q22  How many portions of vegetables did you eat yesterday?
1 Please include fresh, frozen, raw or tinned vegetables, but do not include any potatoes you ate.

<table>
<thead>
<tr>
<th>Portions</th>
<th>Don’t Know</th>
</tr>
</thead>
</table>

What should I count as a portion? A portion is 3 heaped tablespoons of vegetables, 3 heaped tablespoons of beans or pulses (such as baked beans, kidney beans or lentils). Beans and pulses only count as one portion no matter how much of them you eat. Potatoes do not count.

Q23  How tall are you without shoes?
If you are unsure please give an estimate. Please answer in either feet and inches or metres and centimetres.

<table>
<thead>
<tr>
<th>I am</th>
<th>feet</th>
<th>inches tall</th>
</tr>
</thead>
</table>

OR

<table>
<thead>
<tr>
<th>I am</th>
<th>metres</th>
<th>centimetres tall</th>
</tr>
</thead>
</table>

Cannot give estimate

Prefer not to say

Q24  What is your current weight?
If you are unsure please give an estimate. Please answer in either stones and pounds or kilograms.

<table>
<thead>
<tr>
<th>I weigh</th>
<th>stone</th>
<th>pounds</th>
</tr>
</thead>
</table>

OR

<table>
<thead>
<tr>
<th>I weigh</th>
<th>kilograms</th>
</tr>
</thead>
</table>

Cannot give estimate

Prefer not to say
If you are female...

**Q25** What is your highest educational qualification? This means any educational, professional, vocational or other work-related qualifications for which you received a certificate? Please **one box only**

- [ ] Yes
- [ ] No
- [ ] Prefer not to say

**Q26** Which one of the following best describes your ethnic group or background? Please **one box only**

- White British
- Other White background
- Mixed
- Asian or Asian British
- Chinese
- Black or Black British
- Other ethnic group
- Prefer not to say

**Q27** What is your highest educational qualification? This means any educational, professional, vocational or other work-related qualifications for which you received a certificate? Please **one box only**

- Degree level or above
- Other Higher Education below degree level
- A levels, NVQ level 3 and equivalents
- GCSE/O level grade A*-C or 4-9, NVQ level 2 and equivalents
- Qualifications at level 1 and below
- Another type of qualification (includes other vocational or professional or foreign qualifications)
- No qualification
- Prefer not to say
Q28 What is your current working status?  
Please ✓ one box only
- Working full-time □ Go to Q31
- Working part-time □ Go to Q31
- Unemployed – less than 12 months □ Go to Q30
- Unemployed (long term) – more than 12 months □ Go to Q30
- Not working – retired □ Go to Q29
- Not working – looking after house/children □ Go to Q30
- Not working – long term sick or disabled □ Go to Q30
- Student – in full-time education studying for a recognised qualification □ Go to Q30
- Student – in part-time education studying for a recognised qualification □ Go to Q30
- Other □ Go to Q28

If you are retired…

Q29 Which year did you leave your last paid job?  
Year (YYYY) □ Go to Q31

Q30 Have you ever worked?  
Please ✓ one box only
- Yes □ Go to Q31
- No □ Go to Q37

Q31 Are you or were you working as an employee or are/were you self-employed?  
If you are not currently working please think about this in relation to your last main job. Please ✓ one box only
- Employed □ Go to Q32
- Self-Employed □ Go to Q34

Q32 How many people work or did work for your employer?  
If you are not currently working please think about this in relation to your last main job. Please ✓ one box only
- 1 – 24 □
- 25-499 □
- 500 or more □

Q33 In your job do you or did you have any formal responsibility for supervising the work of other employees?  
Please ✓ one box only
- Yes □ Go to Q36
- No □ Go to Q36

What do I include as supervising?
INCLUDE supervising employees
DO NOT include supervising children, animals or buildings

Q34 Are you or were you working on your own or do/did you have employees?  
Please ✓ one box only
- On my own/with partner but no employees □ Go to Q36
- With employees □ Go to Q35

Q35 How many people do you or did you employ at the place where you work/worked?  
Please ✓ one box only
- 1 – 24 □
- 25-499 □
- 500 or more □
Q36 Select the one answer which best describes the sort of work that you do or did

If you are not currently working please think about this in relation to your last main job. Please ✓ one box only

Modern professional occupations such as: teacher, nurse, physiotherapist, social worker, welfare officer, artist, musician, police officer (sergeant or above), software designer

Clerical and intermediate occupations such as: secretary, personal assistant, clerical worker, office clerk, call centre agent, nursing auxiliary, nursery nurse

Senior managers or administrators (usually responsible for planning, organising and co-ordinating work, and for finance) such as: finance manager, chief executive

Technical and craft occupations such as: motor mechanic, fitter, inspector, plumber, printer, tool maker, electrician, gardener, train driver

Semi-routine manual and service occupations such as: postal worker, machine operative, security guard, caretaker, farm worker, catering assistant, receptionist, sales assistant

Routine manual and service occupations such as: HGV driver, van driver, cleaner, porter, packer, sewing machinist, messenger, labourer, waiter/waitress, bar staff

Middle or junior managers such as: office manager, retail manager, bank manager, restaurant manager, warehouse manager, publican

Traditional professional occupations such as: accountant, solicitor, medical practitioner, scientist, civil/mechanical engineer

Q37 We would like to give you a £5 gift voucher to thank you for your time. If you wish to receive a voucher your name and address will be passed on to our provider who will post your voucher within 2 weeks of us receiving your questionnaire.

Would you be willing for this information to be passed on so that you can receive a £5 gift voucher?

Please ✓ one box only

Yes ❌ Go to Q38

No ❌ Go to Q41

Q38 To receive your gift voucher please confirm your postal address is the address on the letter we sent you

Please ✓ one box only

The address that the questionnaire has been sent to is correct ❌ Go to Q40

I would like to provide another address as I have moved or will move ❌ Go to Q39

Q39 What is your new address?

Please write in block capitals

Postcode

How will our provider use my details? Our provider will only use your name and address to send you your gift voucher. They will not contact you for any other reasons or pass your data to anyone else.
Q40 What is your name (forename and surname)?

*Please write in block capitals*

Forename

Surname

Prefer not to say

Q41 This study was commissioned by Sport England with funding from Public Health England, Arts Council England and the Department for Transport. These organisations along with Sport England Recognised National Governing Bodies, Sport England’s national partners, Local authorities, County Sports Partnerships or approved academic partners may wish to carry out follow up research on this topic sometime within the next two years.

If you agree, we will pass your name and email address to these organisations so they can invite you to take part in follow up research. These government agencies may share these details with research agencies appointed to carry out this follow up research on their behalf. For a full list of organisations please see the privacy policy on [www.activelivessurvey.org](http://www.activelivessurvey.org) or by requesting a copy from the active lives helpline.

Would you be willing for Ipsos MORI to share your name, email address and your survey responses to allow these organisations and their agents to contact you again for follow up research? ☐

Yes ☐ Go to Q42

No ☐ Go to Q43

Who will see my information and what will it include? If you agree to be recontacted by Sport England or their partners, Ipsos MORI will forward your name and email addresses, alongside any relevant Active Lives survey responses. The information that we pass on may include the activities that you participate in or some of the classification data such as your age or sex. Please be assured that your name, email address and survey responses will be held securely by the above organisations and will only be used for research purposes if follow up research is done. This information will not be used for commercial purposes, and will be destroyed after two years.

Q42 What is your email address?

*Please write in block capitals*

Prefer not to say

Q43 Please write the date you completed the questionnaire in the boxes below

Day ☐

Month ☐

Thank you very much for giving some of your time to take part in this survey. The results will help Sport England, Arts Council England, Public Health England and the Department for Transport make important decisions about how to support local organisations and projects that will benefit you, your family and your community.

Please return your questionnaire in the pre-paid envelope provided.

If you cannot find, or did not receive, the pre-paid envelope (no stamp is needed) please send your completed questionnaire to:

Freepost RTUB-KZXB-JAAH
Active Lives Survey
TNT Business Solutions
Gielgud Way
Cross Point Business Park
Coventry
CV2 2SZ