ACTIVE LIVES SURVEY QUESTIONNAIRE FOR WEB

Questionnaire format guide:
• “INFO:” is used to indicate text which should not be shown on the screen but which should appear when you click on the blue information icon on screen (denoted by a white i in blue circle). Sometimes this icon will be relative to a response category. In other cases it involves a question shown in bold like this: What information might be passed on? When users click on the icon the information appears.
• {Curly brackets and a blue background highlight} are textfills and scripting instructions
• [Square brackets and a grey background highlight] are routing instructions

Overall questionnaire scripting instructions:
• Unless otherwise specified questions should be forced answer
• On a few questions (specified) we need to allow a prefer not to say category because they are sensitive.
• Offer respondent at all times choice of colour palette and font size for accessibility
• Timing points to be added where specified as scripting instructions
• Needs to be done by up to two adults in household with individual IDs sent by post. Log in needs to allow for IDs (likely to be 6 digits in in two parts) to be entered and data from people in same household to be linked. May also require a password.
• Sample gets written progress indicator.
• Logos on front page (supplied) but not on subsequent pages.
• Survey title is: ACTIVE LIVES SURVEY
• We have provided numbers for answer lists to make subsequent drop downs and routing clear. They are done as numbering so you can easily switch off when transferring to code
• Where possible have suggested 95 for ‘other’ and 96 for ‘none of these’ to allow additional substantive categories without re-numbering
• Also use 98 for ‘don’t know” and 99 for ‘prefer not to say’ on the questions where these appear
• Multicode and single response questions are denoted by respondent text.
• SNIFTERS AT START OF QUESTIONNAIRE, CULYR, ACTYR AND ACTIV3 so people get format of the device they are on at that question – not device they were on at first entry to questionnaire.
• PROGRESS WORDING, Section X of Y: With four chunks.
  o Arts and Culture (subtitle does not show on script)
  o Sport, fitness and recreation
  o About you
  o Final questions
Question Rotation Summary:
Some questions are only asked to 50 per cent of the sample. This is set by order of going into the questionnaire, e.g. first person going in will be group 1, second person group 2, third person group 1, fourth person group 2 etc.

Questions asked of Group 1 only:
- IDENT (IDENTITY section)
- RELIG2 (IDENTITY section)
- HABITA1 (HABIT section)
- HABITA2 (HABIT section)
- CLUB (CLUB MEMBERSHIP section)
- 9VIRTUAL1 (Detailed info active in past 4wks section)

Questions asked of Group 2 only:
- WELLINT (WELLBEING section)
- LIFESAT (WELLBEING section)
- HAPPY (WELLBEING section)
- ANXIOUS (WELLBEING section)
- WORTHW (WELLBEING section)
- INDEV (INDIVIDUAL DEVELOPMENT section)
- INDEVTTRY (INDIVIDUAL DEVELOPMENT section)
- COMM1 (COMMUNITY section)
- COMM2 (COMMUNITY section)
- INOUT (SETTINGS section)
- INOUTD (SETTINGS section)
- SETIN (SETTINGS section)
- SETOUT (SETTINGS section)
- SURFACE (SETTINGS section)
- LOCAL1 (SETTINGS section)
- LOCAL2 (SETTINGS section)
- WHOWITH (Who they participated with section)

N.B. VOLINT, VOLFRQB, VOLMTHB, VOLMTHB2, VOLDURATIONA, VOLLONGVITYA, & LONE were previously routed to one group only but are now asked to everyone.
Questionnaire content (not to be shown on screen):

A. Introduction questions about activities and culture
ACT1
CULFRQ
WALK1
CYC1
DANCE

B. Which activities done and when
ACTIVINT
ACTIV1
▪ ACTIV1_1
▪ ACTIV1_2
▪ ACTIV1_3
▪ ACTIV1_4
▪ ACTIV1_5
▪ ACTIV1_6
▪ ACTIV1_7
▪ ACTIV1_8
▪ ACTIV1_9
▪ ACTIV1_10
▪ ACTIV1_11
▪ ACTIV1_12
▪ ACTIV1_13
▪ ACTIV1_14
▪ ACTIV2_5
ACTOTH1
ACTIV1_3_1
ACTIV1_1_1
ACTIV1_1_2
ACTIV1_1_3
ACTIV1_1_4
ACTIV1_1_5
ACTIV1_3_7
ACTIV1_5_6
ACTIV1_5_7
ACTIV1_7_8
ACTIV2_5_2
COMBCHK
ACTOTH2
QSPCHECK1
QSPCHECK2

C. Club membership
CLUB

D. Detailed information for activities in past 4 weeks
E. Setting
INOUT_1_1_1_1 etc (also WALK1_1 etc)
INOUTD
SETIN_1_1_1_1 etc
SETOUT_1_1_1_1 etc
SURFACE_1_1_1_1 etc
LOCAL1
LOCAL2

F. Who they participated with
WHOWITH

G. Feelings about sport and activity – Habit
HABITA1
HABITA2

H. Feelings about sport and activity – Readiness
READY1
  • READYAB1
  • READYOP_CV_1
  • READYOP_CV_2

I. Motivation
MOTIVSP
MOTIVEX
MOTIVEX2

J. Volunteering
VOLINT
VOLFRQB
VOLMTHB
VOLMTHB2
VOLDURATION
VOLLONGVTYA

K. Goals and Community
LONE

L. Diet
FRUITVEG
FRUITVEGCHK

M. Demographics
DEMIN
GEND
IDENT
AGE
AGEMTH
AGEMTH2
ADULTPAGE
CHILD
CHAGE
YOUNGAD
HOUSEH
LEFTCH
ETHNIC
RELIG1

N. Health and wellbeing
HEALTH
DISAB1
DISAB2
DISTYP
HEIGHT
HGTCK
WEIGHT
WGTCHK
PREG
WELLINT
LIFESAT
HAPPY
ANXIOUS
WORTHW

O. Individual Development
INDEV
INDEVTRY

P. Community
COMM1
COMM2
EDUC
WORKST
RETIRE
STUDY
STUDLV
EVWORK
SOCEMP
SOCSUP
SOCNE
SOCEMPN
SOCSELF
OCCUP

Q. Re-contact questions
VOUCH
RC1
RC3
RC4A
RC4
RC5
RC6
THANKS
Blank page

Questionnaire starts on next page
TIMING POINT 0

INT1
[SHOW INTRO SCREEN FOR ALL]

ACTIVE LIVES SURVEY

This survey asks about healthy lifestyles and leisure, recreational, and cultural activities. {PROGRAMMER – USE LARGER FONT HERE}

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.

If at any point you wish to stop the survey and start again later you will be able to do this. INFO: To stop the survey, simply close your internet browser. When you wish to resume, you can log back in with the same password and pick up where you left off. You can complete this survey on a desktop, laptop, tablet or smartphone. We advise you to use the same device if you stop the survey and return to it later.

Please enter one of the passwords from your invitation letter to start the survey. INFO: If you are the first person in your household to complete the survey enter password 1. If someone else has already completed the survey enter password 2. If there is only one password on your letter, please use that one {PROGRAMMER: SHOW THIS IN LARGER BOLD TEXT SO THE MOST OBVIOUS INFORMATION ON THIS PAGE IS THIS}

{Show two boxes with hyphen between. Each box should take 3 letters or numbers}
{Make the boxes larger and with a 3D effect and colour round them and so they are central on the page}
{Underneath the box the button should say: START SURVEY and be blue}

INT2
[SHOW INTRO SCREEN FOR ALL]
You may see the {show information icon} symbol next to a question or an answer option. You can touch or click on it for extra information to help you answer the question.
We appreciate there are some activities in the survey that are not possible during these times. Please select things you have done over the course of the last 12 months even if it is not possible to do them at the current time.

The survey contains the option to type in other activities which aren't listed in the questionnaire. Any informal activity (for example playing in the garden with your family) can be captured here.
A. INTRODUCTION QUESTIONS ABOUT ACTIVITIES AND CULTURE

ACT1
[ASK ALL]
In the past 12 months since {text fill 12 months ago} have you done any of these activities?
 Select all that apply

1. A continuous walk
2. Gardening
3. A cycle ride
4. Sport, fitness or recreation activity
5. [dummy category – retained owing to late change but not shown in survey]
6. Dance
7. Spent time doing a creative, artistic, theatrical or music activity or a craft
8. Attended an event, performance or festival involving creative, artistic, dance, theatrical or music activity
9. Attended a live sports event
10. Used a public library service
11. Attended a museum or gallery
96. None of these

[INFO TEXTS]
{Walking}: Include all continuous walks 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 all other walking such as walking for travel, walking the dog and walking for leisure.
{Gardening}: Include gardening at home, at an allotment, conservation related gardening and any other gardening.
{A cycle ride}: Please include electric bikes (eBikes).
{Sport, fitness or recreation activity}: Only include time spent actually taking part. Exclude any coaching, instruction or teaching of other people doing these activities. Exclude any time spent refereeing or officiating.
{Dance}: Include all forms of dance including artistic dance, dance for fitness and dancing socially. This can include TV and online-led classes.
{Spent time doing a creative, artistic, theatrical or music activity or a craft}: 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 an event, performance or festival involving creative, artistic, dance, theatrical or music activity}: 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.

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

(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 museum/gallery): Include museums and galleries attended in your local area and elsewhere

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**CULFRQ_1_7**

[ASK IF ACT1 = 9]

**Live Sports Events**

How many times have you attended a live sports event in the past 12 months (since {text fill 12 months ago})?

*Select one answer only*

1. Once
2. Twice
3. Three or more times

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**WALK1**

[If ACT1=1 (walking)]

**Sport, fitness and recreation**

Thinking about the past 12 months (since {text fill 12 months ago}), what types of walking have you done? Include all walking, however short the walk.

*What type of walking should I include?* INFO: Include all continuous walks without stopping. If you stop for short breaks, such as waiting to cross a road this still counts as continuous.

*Select all that apply*

1. Walking for travel INFO: Walking for travel is walking primarily to get from place to place (e.g. walking to work or to school). Include walking all or part of the journey.
2. Walking for leisure (includes dog walking and rambling) INFO: Include all walking done in your free time, this might be a walk round the park or in the countryside. Include walking the dog, Nordic walking and power walking.
3. Hill or mountain walking, trekking or hiking
**CYC1**

[If ACT1=3 (cycling)]

**Sport, fitness and recreation**

Thinking about cycling, in the past 12 months since {text fill 12 months ago}, what types of cycling have you done?

**What type of walking should I include?** INFO: Include any casual cycling in your local area, any cycling in the countryside or on cycling routes, cycling to or from work or any competitive cycling.

**Select all that apply**

1. Cycling for travel (including commuting) INFO: Include cycling all or part of the journey.
2. Cycling for leisure INFO: Include all leisure or recreational cycling, this could include riding along the riverbank or towpath, a ride in a park, or recreational rides using roads (training or competitive cycling on roads should be included under road cycling or racing).
3. Mountain biking INFO: Please only include off-road cycling, regular use of a mountain bike should be included under cycling for leisure.
4. BMX
5. Road cycling or racing INFO: Please only include cycling as part of training or competitive riding, recreational cycling on roads should be included under cycling for leisure.
6. Track cycling
7. Cyclo-cross
8. None of these INFO: Spinning classes and use of exercise bikes will be asked about later in the survey.
DANCE
[If ACT1=6 (dance)]

Sport, fitness and recreation
In the past 12 months since {text fill 12 months ago}, what types of dance have you done?

Select all that apply

1. Creative or artistic dance (this can include TV and online-led classes) INFO: 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.

2. Dance-based class (e.g. Zumba, fitsteps, ravercise or body jam) {(DUPLICATE). Use old ZUMBA code}

4. Other types of dance INFO: Include dancing at parties or nightclubs and gaming based dance such as Just Dance – Wii, Wii U, PS4, Kinect.

5. None of these
B. WHICH ACTIVITIES DONE AND WHEN

**ACTIVINT**
[SHOW if ACT1= 4 (Sport, fitness or recreation activity)]

**Sport, fitness and recreation**

We are interested in a wide variety of different types of sports, fitness or recreation activities. Think about all the activities you’ve done in the past 12 months (since **textfill 12 months ago**).  

{**TICK ICON**} **INCLUDE** activities done informally, socially, casually, for health and fitness, for competition, training or receiving tuition. {**Show this text in a light green shaded box**}

{**CROSS ICON**} **DO NOT** include any teaching, coaching or refereeing you may have done (you will be asked about these activities later in the questionnaire). {**Show this text in a light red shaded box**}

**ACTIV1**
[ASK if ACT1= 4 (Sport, fitness or recreation activity)]

**Sport, fitness and recreation**

In the past 12 months, have you done any of these activities?

From these options participants will be offered drop downs for sport breakdowns – this should remove the need for examples – lists are shown below.

{there will also be a text box to enter an answer which will search on the relevant answer options to select from. Once selected the full list will return}

Note for scripting: Some of these activities are duplicated, for example ‘Skateboarding’ can be selected from the ‘Leisure activities and other active games’ group as well as the ‘Roller or skating sports’ group. Participants should see the same follow-up questions if they select the code in either group/s. If a participant selects the same activity in more than one group (e.g. skateboarding in both the ‘Leisure activities and other active games’ and ‘Roller or skating sports’ groups), they should only see one set of follow-up questions for this activity.

You can select activities you have done in two ways:

1) **By selecting activities from the expandable list below**
2) **By typing the name of the activities in the search box below and selecting the relevant options that appear.**

**Press ‘Clear’ to empty the text box. Do not press the enter key or ‘Go’ on your keypad until you have completed the question.**
1. **Team sports**
   **INFO:** Any team sport, including informal activities (for example, playing in the garden with your family) can be captured here.

2. **Racket sports**
   **INFO:** Any racket sport, including informal activities (for example, playing in the garden with your family) can be captured here.

3. **Adventure, outdoor and water sports**

4. **Leisure activities and other active games**
   **INFO:** This category includes activities such as fishing, ice skating, and playing frisbee. Any leisure activity or active game, including informal activities (for example, playing in the garden with your family) can be captured here.

5. **Combat sports, martial arts or target sports**

6. **Winter sports**

7. **Swimming, diving or water polo**

8. **Running, athletics or multi-sports**

9. **Golf**

10. **Horse riding**

11. **Bowls**

12. **Gymnastics, including trampolining and cheerleading**

13. **Roller or skating sports**

14. **Motor sports**

**ACTIVE2 list should now appear on the same list as ACTIVE1. We will retain the ACTIVE1/ACTIVE2 numbering but participants will see it as one list**

5. **Fitness activity or class**
   **INFO:** Please note, where applicable, these can include TV and online-led classes.

95. **Other sport or fitness activities**

96. **None of these**

**Answers which have been selected are shown at the top and bottom of screen for respondent reference**

**Lists of sport for second level which appear when top level is selected**

**ALL MA NO INSTRUCTION**

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**ACTIVE1_1**

[ASK IF ACTIVE1=1 (TEAM SPORTS)]

**Team sports**

[INFO Any team sport, including informal activities (for example playing in the garden with your family) can be captured here.]

1. Football

2. Cricket

3. Rugby union
4. Rugby league
5. Touch rugby
6. Wheelchair rugby
7. Netball
8. Basketball
9. Wheelchair basketball
10. Field Hockey
11. Volleyball INFO: including beach and sitting.
12. Rounders
13. Dodgeball
14. Baseball or softball
15. Lacrosse
16. Handball

ACTIV1_2
[ASK IF ACTIV1=2 (RACKET SPORTS)]

Racket sports INFO Any racket sport, including informal activities (for example playing in the garden with your family) can be captured here.

1. Tennis INFO: Include cardio tennis and wheelchair tennis
2. Badminton
6. Squash or racketball
5. Table Tennis

ACTIV1_3
[ASK IF ACTIV1=3 (Adventure, outdoor and water sports)]

Adventure, outdoor and water sports

1. Climbing or mountaineering
3. Caving or pot holing
4. Abseiling
5. Orienteering
6. Parkour or free running
7. Rowing
8. Sailing
9. Windsurfing
10. Gliding, paragliding or hang gliding
11. Canoeing or kayaking
12. Rafting
13. Water skiing or wakeboarding
14. Surfing, body surfing, body boarding, kite surfing, paddle boarding
15. Scuba diving or snorkelling
16. Life-saving

**ACTIV1_4**

[ASK IF ACTIV1=4 (Leisure activities and other active games)]

Leisure activities and other active games [INFO This category includes activities such as fishing, ice skating, and playing frisbee. Any leisure activity or active game, including informal activities (for example, playing in the garden with your family) can be captured here.]

1. Angling or fishing
2. Archery
3. Fencing
4. Ice skating
5. Frisbee or ultimate frisbee
6. Rounders
7. Garden trampolining
8. Walking for leisure (includes dog walking and rambling) INFO: Include all walking done in your free time, this might be a walk round the park or in the countryside. Include walking the dog, Nordic walking and power walking.
9. Cycling for leisure INFO: Include all leisure or recreational cycling, this could include riding along the riverbank or towpath, a ride in a park, or recreational rides using roads (training or competitive cycling on roads should be included under road cycling or racing).
10. Ten-pin bowling
11. Croquet
12. Snooker
13. Pool
14. Darts
15. LEAVE BLANK – THIS CODE WAS PREVIOUSLY USED FOR ‘SKITTLES’, AND IS STILL USED FOR BACKCODING
16. LEAVE BLANK – THIS CODE WAS PREVIOUSLY USED FOR ‘CUE-BASED SPORTS’, AND IS STILL USED FOR BACKCODING
17. Skateboarding
18. Rollerskating, inline skating, rollerblading
19. Sledding, luge, tobogganing
20. Adventure or crazy golf
21. Active play such as throwing or catching a ball or play activities with children
**ACTIV1_5**
[ASK IF ACTIV1=5 (Combat sports, martial arts or target sports)]
Combat sports, martial arts or target sports

1. Archery
2. Boxing
3. Fencing
4. Judo
5. Taekwondo
6. Martial arts
7. Shooting
8. Wrestling

**ACTIV1_6**
[ASK IF ACTIV1=6 (Winter sports)]
Winter sports

1. Skiing
2. Snowboarding
3. Sledding, luge, toboggan
4. Ice hockey
6. Ice skating

**ACTIV1_7**
[ASK IF ACTIV1=7 (Swimming, diving or water polo)]
Swimming, diving or water polo

8. Swimming **INFO**: Includes swimming in both pools and open water; includes synchronised swimming
4. Diving **INFO**: Includes springboard or platform diving
5. Scuba diving or snorkelling
6. Water polo
7. Life-saving

**ACTIV1_8**
[ASK IF ACTIV1=8 (Running, athletics or multi-sports)]
Running, athletics or multi-sports
1. Track and field athletics
2. Outdoor running or jogging **INFO: Include road, cross country and beach**
3. Fell or trail running
4. Running machine or treadmill
5. Triathlon (includes aquathlon and duathlon)
6. Obstacle course (e.g. Tough Mudder, Spartan, Rat Race)

ACTIV1_9
[ASK IF ACTIV1=9 (Golf)]
Golf

1. Full course golf
2. Short course golf, par 3, pitch and putt, putting
3. Driving range
4. Adventure or crazy golf

ACTIV1_10
[ASK IF ACTIV1=10 (Horse riding)]
Horse riding

1. Hacking or pony trekking
2. Schooling
3. Show jumping
4. Dressage
5. Eventing
6. Other horse riding
**ACTIV1_11**
[ASK IF ACTIV1=11 (Bowls)]
Bowls

1. Carpet bowls
2. Crown green bowls
9. Flat green bowls {NB – wave 7 to wave 11 this was 1_11_8 but this overlapped with postal bowls so was changed in wave 12 on 14/10/16}
5. Short mat bowls
6. Boccia
7. Boules, petanque, deck bowls

**ACTIV1_12**
[ASK IF ACTIV1=12 (Gymnastics, including trampolining and cheerleading)]
Gymnastics, including trampolining and cheerleading

1. Gymnastics
2. Trampolining
3. Garden trampolining
4. Cheerleading

**ACTIV1_13**
[ASK IF ACTIV1=13 (Roller or skating sports)]
Roller or skating sports

1. Rollerskating, inline skating, rollerblading
3. Skateboarding
4. Ice skating

**ACTIV1_14**
[ASK IF ACTIV1=14 (Motor sports)]
Motor sports

1. Karting or go-karting
2. Motorcycle racing **INFO:** including time trial, sprint, rallying, circuit, road, speedway
3. Motorcar racing **INFO:** including time trial, sprint, rallying, circuit, road, speedway

**NB:** FOLLOWUPS FOR ACTIV3 AND SETTINGS: Only need to ask for Motorsports combined (ACTIV1_14_1 or ACTIV1_14_2 or ACTIV1_14_3) use textfill so they only see what is relevant: karting if only did karting, Motorcycle racing if only did Motorcycle racing and karting and Motorcar racing if did both and so on
**ACTIV2_5**

[ASK IF ACTIV1=5 (Fitness activity or class)]

Fitness activity or class **[INFO: Please note, where applicable, these can include TV and online-led classes.]**

1. A session combining several gym or fitness machines or activities {HIDDEN CODE AT THIS STAGE – LATER ROUTING AND RULES AT ACTIV2_5_2 and COMBCHK will put some cases in this category}
2. Exercise machine **INFO: Includes cardio and resistance machines**
3. Body weight exercises (e.g. pull ups, press ups, sit ups) {MOVED from ACTIV2_5 cat 4}
4. Free weights (includes kettlebells and dumb-bells) {MOVED FROM ACTIV2_5_2}
5. Skipping {MOVED FROM ACTIV2_5 cat 5}
6. Weightlifting or powerlifting (using a barbell) {MOVED FROM ACTIV2_5_2}
7. Circuit training {MOVED from ACTIV2_5 cat 6}
8. Cross training {MOVED from ACTIV2_5_2 cat 9}
9. Bootcamp (e.g. drill sergeant, military fitness) {MOVED from ACTIV2_5 cat 10}
10. Cross fit {MOVED FROM 17}
11. Pilates {MOVED FROM ACTIV2_5_3}
12. Yoga {MOVED FROM ACTIV2_5_3}
13. Tai chi
14. Boxing class (e.g. Boxercise, body combat) {MOVED FROM ACTIV2_5_3}
15. Cardio class (e.g. aerobics, step aerobics, body attack) {MOVED FROM ACTIV2_5_3}
16. Core strength class (e.g. legs, bums and tums, body balance) {MOVED FROM ACTIV2_5_3}
17. Cycle class (e.g. spinning, RPM) {NEW CATEGORY TO REPLACE SPINNING}
18. Dance-based class (e.g. Zumba, fitsteps, ravecercise or body jam) {MOVED FROM ACTIV2_5_3}
19. High intensity (e.g. HIT, insanity) {NEW}
20. Water-based class (e.g. aquaerobics, aquafit) {NEW CATEGORY TO REPLACE aquaerobics}
21. Other fitness or exercise class {MOVED FROM ACTIV2_5_3}

**ACTOTH1**

[ASK IF ACTIV1=95 (OTHER)]

Sport, fitness and recreation

Type in the name of the other sport or fitness activities you have done in the past 12 months.
Please enter one activity per box below and please enter as much detail as possible about the type of activity. Do not press the enter key or ‘Go’ on your keypad until you have completed the question.

{SPACE FOR ENTERING UP TO THREE SPORTS WHICH SEARCHES FOR EXISTING SPORTS/ ALLOWS THEM TO RECORD A SPORT NOT FOUND – this does not link to existing categories but allows text to be selected which matches existing categories which will facilitate back coding later.}

{SEPARATE FOLLOW UP QUESTIONS FOR SOME ACTIVITIES – THIRD LEVEL OF DETAIL}

**ACTIV1_3_1**
[ASK IF ACTIV1_3=1]

**Sport, fitness and recreation**
In the past 12 months, what type of climbing or mountaineering have you done?
*Select all that apply*

- Climbing or mountaineering
  1. Rock climbing or bouldering
  2. Climbing or bouldering wall
  4. Mountaineering and scrambling
  5. Hill or mountain walking or hiking
  96. None of these *(DP - no follow up questions)*

**ACTIV1_1_1**
[ASK IF ACTIV1_1=1]

**Sport, fitness and recreation**
In the past year, what type of football have you done?
*Select all that apply*

- Football
  1. 11 a-side football
  2. Small sided football
  3. Futsal
  4. Walking football
  5. Other football
  96. None of these *(DP - no follow up questions)*
**ACTIV1_1_2**

[ASK IF ACTIV1_1=2]

**Sport, fitness and recreation**

In the past year, what type of cricket have you done?

*Select all that apply*

1. Long form cricket match (e.g. 40-50 overs)
2. Short form cricket match (e.g. 20:20)
6. Cricket nets or practice
5. Other cricket
96. None of these *(DP - no follow up questions)*

**ACTIV1_1_3**

[ASK IF ACTIV1_1=3]

**Sport, fitness and recreation**

In the past year, what type of rugby union have you done?

*Select all that apply*

1. 15 a-side rugby union
2. Touch rugby union
3. Rugby sevens
4. Tag or other rugby union
96. None of these *(DP - no follow up questions)*

**ACTIV1_1_4**

[ASK IF ACTIV1_1=4]

**Sport, fitness and recreation**

In the past year, what type of rugby league have you done?

*Select all that apply*

1. 13 a-side rugby league
2. Touch rugby league
3. Tag or other rugby league
96. None of these *(DP - no follow up questions)*
**ACTIV1_1_5**

[ASK IF ACTIV1_1=5]

**Sport, fitness and recreation**

In the past year, what type of touch rugby have you done?

*Select all that apply*

1. Touch rugby union
2. Touch rugby league
96. None of these (DP - no follow up questions)

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**ACTIV1_3_7**

[ASK IF ACTIV1_3=7]

**Sport, fitness and recreation**

In the past year, what type of rowing have you done?

*Select all that apply*

1. Water based rowing
2. Rowing machine
96. None of these (DP - no follow up questions)

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**ACTIV1_5_6**

[ASK IF ACTIV1_5=6]

**Sport, fitness and recreation**

In the past year, what type of martial arts have you done?

*Select all that apply*

1. Karate
3. Ju-Jitsu
4. Aikido
5. Chinese martial arts
6. Other martial arts
96. None of these (DP - no follow up questions)

---

**ACTIV1_5_7**

[ASK IF ACTIV1_5=7]

**Sport, fitness and recreation**

In the past year, what type of shooting have you done?

*Select all that apply*
1. Airgun (including pistol)
2. Rifle
3. Shotgun
96. None of these (DP - no follow up questions)

NB – Although this question about shooting type is retained – followups at ACTIV3 and SETTING only need to be asked about shooting (ACTIV1_5_7) rather than each type of shooting

**ACTIV1_7_8**

[ASK IF ACTIV1_7=8]

**Sport, fitness and recreation**

In the past year, what type of swimming have you done?

*Select all that apply*

Swimming
1. Indoor swimming
2. Outdoor pool swimming
3. Open water swimming
96. None of these (DP - no follow up questions)

**ACTIV2_5_2**

[ASK IF ACTIV2_5=2 – Exercise machine]

**Sport, fitness and recreation**

In the past year, what type of exercise machine have you used?

*Select all that apply*

Exercise machine
1. Cross training machine (e.g. Cross trainer, SkiErg)
2. Exercise bike
3. Resistance weights machines
4. Rowing machine
5. Step machine
6. Treadmill
7. Other exercise machine
96. None of these (DP - no follow up questions)
COMBCHK

If two or more activities reported from among these options: ACTIV2_5=3 or 4 or 5 or 6 (body weight, free weights, skipping, weight lifting or power lifting) OR ACTIV2_5_2=1,2,3,4,5,6,7

You have told us you have taken part in the following activities, were any of these as part of a combined session?

Please tick all those done in a combined session. INFO: A session combining several gym or fitness machines or activities.

(PROGRAMMER: Show list of activities done from the categories listed in the routing PLUS – None done in a combined session)

With a column heading – In combined session.
With option for them to select any or all of the answers (but ‘None of these’ is cardinal – cannot combine with other categories).

NEW RULE
If COMBCHK=’None of these’ then for ACTYR, ACTMTH, ACTIV3 and Setting questions ask about individual activities they have reported at ACTIV2_5 and ACTIV2_5_2
If COMBCHK has any activities ticked then:

Code ACTIV2_5=1 (so make it as if they have done a combined gym session which will then be followed up in later questions)

For any activities not selected at COMBCHK then ask about them individually at ACTYR, ACTMTH, ACTIV3 and SETTINGS.

(Links between searched text and categories for programmer)

RPM=Spinning
Grit, HIIT=High Intensity Training
Body Attack, Body Step, Insanity= Cardio Based
Medau, Body Jam=Other Dance-based Fitness
Body Balance, Body Conditioning, Body Vive = Core Strength
Boxercise, Body Combat=Boxing Fitness
Body Pump, Kettlebell, Kettlecise = Weights Based
Aquafit, Aquacise = Aquaerobics}

(Links between searched text and categories for programmer)

[Watt bike, turbo bike = Exercise Bike
Weightlifting, Lifting, Snatch, Clean and Jerk, Power Snatch, Deadlift, Bench press, Power Clean, Barbells = Weightlifting or powerlifting
Kettlebells, Dumbbell = Free weights]

TIMING POINT 4
**ACTOTH2**

[If ACTIV1_5_6 = 6 (Other martial arts)]

Type in the name of the other martial art you have done in the past 12 months.

*Please enter as much detail as possible about the type of activity. Do not press the enter key or ‘Go’ on your keypad until you have completed the question.*

SPACE FOR ONE ACTIVITY

---

**QSPCHECK1**

[ASK IF ANY ACTIVITIES MENTIONED AT WALK1, CYC1, DANCE, ACTIV1 or ACTIV2, ACTOTH1 or ACTOTH2, or ACT1=gardening]

**Sport, fitness and recreation**

This is a list of all the walking, cycling, gardening, dance, sport and fitness activities that you have done in the past 12 months, that is since [INSERT DATE DEPENDING ON DAY OF SURVEY].

<FULL LIST OF ALL ACTIVITIES SELECTED AT WALK1,CYC1, ACT1 (Gardening), DANCE, ACTIV1/ACTIV2 and follow up questions to third level - if ACTIV1/2=95 only show wording from ACTOTH1>

Are there any other sport or fitness activities that you have done in the past 12 months, that is since [INSERT DATE 12 MONTHS PRIOR TO INTERVIEW]?

*Do not press the enter key or ‘Go’ on your keypad until you have completed the question.*

*If you have not done any other activities leave the box blank and select next.*

{SPACE FOR ENTERING UP TO TWO SPORTS WHICH SEARCHES FOR EXISTING SPORTS/ ALLOWS THEM TO RECORD A SPORT NOT FOUND – this does not link to existing categories but allows text to be selected which matches existing categories which will facilitate back coding later.}

---

**QSPCHECK2**

[IF NO ACTIVITIES MENTIONED AT WALK1, CYC1, DANCE or ACT1=gardening, ACTIV1 or ACTIV2 or ACTOTH2 and ACT1=4]

Are there any sport or fitness activities that we haven’t asked about that you have done in the past 12 months, that is since {^INSERT DATE 12 MONTHS PRIOR TO INTERVIEW^}?
C. CLUB MEMBERSHIP

[For each sport or activity done in the last 12 months (for which they have said yes to ACTIV1), ask a new question which would be asked for each activity.

Only ask at SPORT level. Ask for all sport level activities except walking for travel (walk1_1) and cycling for travel (CYC1_1), other dance (dance_4), ACTIV1_4_14 (darts), ACTIV1_4_12 (snooker), ACTIV1_4_13 (pool), ACTIV1_4_10 (ten-pin bowling), garden trampolining, caving or potholing (1_3_3) or abseiling (1_3_4).

See separate Excel list for confirmation]

SHOW AS GRID

[Put this on rotation so it is only asked of half the sample. See grid at the top for details]

---

**CLUB**

[Ask Group 1 only]

SA

In the last 12 months, have you been a member of a club or organisation?

INFO: Include clubs, fitness centres, gyms and other organisations that provide opportunities to take part in the sport or activity in order to do:

IN GRID

**LEFT HAND COLUMN**

{textfill activity: SPORT level}?

THEN SHOW YES AND NO AS COLUMN HEADINGS– LIKE ON BREATHING QUESTIONS

1. Yes
2. No

{Plus for ACTIV2_5 – There is a different wording so do not show as a grid.

For gym activities (ANYTHING UNDER ACTIV2_5) just ask once if ACTIV2_5 activities are selected (WHETHER AT ACTIV2_5 OR ACTIV2_5_2 AND REGARDLESS OF ANSWER TO COMBCHK). Use alternative wording:

Are you a member of a gym or fitness club?

Ideally just use textfill to achieve this.}
TIMING POINT 5
TIMING POINT 6
**D. DETAILED INFORMATION FOR ACTIVITIES IN PAST 4 WEEKS**

**ACTYR**

[ASK FOR Walking from WALK1 and cycling types from CYC1, GARDENING, Dance type from DANCE EACH SPORT MENTIONED AT ACTIV1 and sub groups, ACTIV2 and sub groups, as well as follow up ACTIV questions (third level)]

MA per ROW

**Sport, fitness and recreation**

Not only are we interested in which activities you have done over the past 12 months, but also when you have done the activities throughout the year.

During which periods over the past 12 months have you done the following **{activity/ activities}**?

*For each activity, select all boxes that apply. If you have done the activity throughout the year select all three periods.*

**Example**

INFO:

“I usually play football all year round but 6 months ago I had an injury which meant I couldn’t play for a few months. So I would select the most recent time period and the period 7-12 months ago.”

“I walk to work every week day all year round. So I would select all three time periods.”

{Grid on web and vertical on mobile for each activity mentioned from q1}

(This will be presented down to specific level of subcategories for ACTIV1 and ACTIV2 (categories plus expanding options) as well as any further breaks from the extra follow up ACTIV questions (third level))

DOWN SIDE OF GRID

Activities WALK1, CYC1, GARDENING FROM ACT1 (6), Type of dance from DANCE, ACTIV1 /ACTIV2 and expanding categories, as well as any further breaks from the extra follow up ACTIV questions (third level if mentioned by that participant – textfill)

SHOW WORDING OF ACTIVITY with any relevant INFO buttons; Repeat header rows every 9 rows when displayed in grid format.

{SPLIT FOR IMPLEMENTATION:}

Grid 1: Break grid into WALK1, CYC1, DANCE and GARDENING (from ACT1)

Grid 2: ACTIV1 and expanding

Grid 3: ACTIV2 and expanding}

{ACROSS TOP OF GRID (ALL HEADINGS IN BOLD)}

Heading: During which periods have you…

Since {textfill nearest three 3 months}

{textfill nearest 4-6 months}
\{textfill nearest 7-12 months\}
\{between 11 and 20 of month do from mid month to mid month. From 1-10 month do for previous whole months. From 21-21 include last incomplete month as one of the months\}

\{Examples of how this works for October dates:\}
Since mid July 2015
Mid April 2015 to mid July 2015
Mid October 2014 to mid April 2015

On 6th oct
Since the beginning of July 2015
April 2015 to end June 2015
October 2014 to end March 2015

On 22nd Oct
Since the end of July 2015
May 2015 to end July 2015
November 2014 to end April 2015

The cut off for these methods is just 1-10 for early part of month, 11-20 for mid month and 21 to 31 for late month.\}

IF only one time period ticked on each row – Error message:
You have said that you have undertaken the \{activity / activities\} during just one time period during the past year. If this is not correct and you took part in the \{activity/activities\} at other times during the year, please select all the other time periods that you undertook the activity in.

Only ask check once, if participant still doesn’t select more than one time period for the activity / activities then let them move on

**ACTMTH**

[IF ACTYR=in the past three months for at least one activity]
SA per ROW
You have told us you have done \{this activity / these activities\} in the past three months: Have you done these activities/ this activity \{textfill according to number mentioned\} in the past 4 weeks since \{date 4 weeks ago\}? 

DOWN SIDE OF GRID
SHOW WORDING OF ACTIVITY with any relevant INFO buttons.
Repeat header rows every 9 rows when displayed in grid format.

\{SPLIT FOR IMPLEMENTATION:\}
Grid 1: Break grid into WALK1, CYC1, DANCE and GARDENING (from ACT1)
Grid 2: ACTIV1 and expanding
Grid 3: ACTIV2 and expanding

SHOW WORDING OF ACTIVITY with any relevant INFO buttons
ACROSS TOP OF GRID:

Heading: In the past 4 weeks since \{textfill date 4 weeks before today\}
1. Yes
2. No

TIMING POINT 7

\{C. DETAILED INFORMATION FOR ACTIVITIES IN PAST 4 WEEKS\}

TIMING POINT 8

ACTIV3

[ASK FOR EACH SPORT MENTIONED AT ACTIV1 and sub groups, ACTIV2 and subgroups, as well as any further breaks from the extra follow up ACTIV questions. Dance type from DANCE, Walking type from WALK1 and cycling types from CYC1 and for which ACTMTH=1]
We would now like to ask you some details about the activities that you have done in the past 4 weeks since \{textfill Date 4 weeks ago\}.

For this activity, please answer these questions
\{Display as single page per activity on all devices\}

During the past 4 weeks, on how many days did you do the activity?
INFO: If you do the activity regularly every week over a 4 week period:
Once a week is 4 days
Twice a week is 8 days
Every week day is 20 days
Every day is 28 days
Every weekend day is 8 days
Days [RANGE 1-28]

How much time did you usually spend doing that activity on each day that you did the activity?
INFO: Only include time actually spent doing the activity. Do not include time spent getting to and from venues, time spent changing or socialising. If you do the activity more than once in a day please add up the total time for a usual day. If the time spent doing the activity varies from day to day please give the time you usually spend.
Hours [Number range 1 to 16]
Minutes [Number range 0 to 119]

\{DP: Please allow participants to answer up to 120 minutes but no hours given or in hours and minutes e.g. 90 minutes or 1 hour 30. Do not permit minutes above 59 as well as hours in same answer. Above 119 minutes only allow hours and minutes format – if this is possible then remove text above about using hours and minutes\}
from 14/10/16 Wave 12 effort questions were not asked for every activity. In some cases the level was assumed. See associated excel sheet with details of each activity and assumptions made: 20160421 Phase 2 Settings and activities FOR MAINSTAGE intensity w12 v22.xls – later updated to V23 and V24

BREATHa
[ASK FOR EACH SPORT MENTIONED AT ACTIV1 and sub groups, ACTIV2 and subgroups, as well as any further breaks from the extra follow up ACTIV questions. Dance type from DANCE, Walking type from WALK1 and cycling types from CYC1 and for which ACTMTH=1]
Was the effort you put into the activity usually enough to:
Raise your breathing rate?
1. Yes
2. No

BREATHb
[ASK FOR EACH SPORT MENTIONED AT ACTIV1 and sub groups, ACTIV2 and subgroups, as well as any further breaks from the extra follow up ACTIV questions. Dance type from DANCE, Walking type from WALK1 and cycling types from CYC1 and for which ACTMTH=1]
Was the effort you put into the activity usually enough to:
Make you out of breath or sweat?
1. Yes
2. No

MUSCLE
[ASK FOR EACH SPORT MENTIONED AT ACTIV1 and sub groups, ACTIV2 and subgroups, as well as any further breaks from the extra follow up ACTIV questions. Dance type from DANCE, Walking type from WALK1 and cycling types from CYC1 and for which ACTMTH=1]
Was the effort you put into the activity usually enough to:
Make your muscles feel some tension, shake or feel warm?
1. Yes
2. No

{Don't know assumed from clicking past this question – allow people to click past but put in a check for any element which is missing: ‘You did not give an answer to…If you wish to give an answer please go back and amend, otherwise you may continue}

LOGIC CHECK. (RANGES RELATE TO INDIVIDUAL SPORTS). VALUES OUTSIDE THESE RANGES STILL PERMITTED. PROGRAMMER PLEASE SEE SEPARATE LIST OF RANGES

RANGECK
You said you spend this much time doing these activities.
Please review your answers and select yes or no to indicate whether it is correct. If the time is not correct then you will be taken back to the previous question so you can change your answer. Display answers given for those which are out of range.

1. Yes
2. No

IF = 1 GO TO NEXT QUESTION.
IF = 2 GO BACK AND CORRECT ACTIV3.

WLKCHK
[IF WALK1=1 AND TIME<20 MINS]
You said you walked for travel for {minutes mentioned}. Did you include all the walking for travel you did on a usual day?

1. Yes
2. No [allow them to go back and change]

TIMING POINT 9

VIRTUAL1
[ASK IF GROUP 1 ONLY, WHO HAVE DONE AT LEAST ONE DANCE, FITNESS ACTIVITY, INTERVAL SESSION OR BODY-WEIGHT EXERCISE IN THE PAST FOUR WEEKS: DANCE, CYC1, ACT1_8_4 (TREADMILL), ACTIV2_5 (ALL CODES EXCEPT ACTIV2_5_19: WATER-BASED CLASSES). DO NOT ASK IF GROUP 2]
You've told us you have taken part in either dance or a fitness activity in the past 4 weeks. Did any of those sessions involve use of a digital platform such as an app, YouTube or a TV led session? INFO: Please include any live or pre-recorded sessions here, but do not include using wearable monitors such as Fitbits.

Select one answer only

1. Yes – I have taken part in digital dance or fitness activity in the last 4 weeks
2. No – I have not taken part in any digital dance or fitness sessions in the last 4 weeks
3. Don’t know / Can’t remember
E. SETTING

NEW TIMING POINT 10

For each sport or activity done in the last 4 weeks (for which they have said yes to ACTMTH – Discipline level), after the ACTIV3 series of questions, insert new questions which would be asked for each activity (down to same level as actmth is asked). Some activities are excluded totally – see list. Exclude walking for travel and cycling for leisure WALK1_2, CYC1_2 and running/ jogging (ACTIV1_8_2) (except for QUESTIONS: LOCAL1, LOCAL2). The specific settings are only be relevant for certain activities. A separate sheet hyperlink has been provided for the relevant setting to show which activities it should be asked for. These will follow from the breathing questions for each activity.

INOUT_1_1_1_1 etc (also WALK1_1 etc)
[ASK IF GROUP 2 ONLY. DO NOT ASK GROUP 1]

Sport, fitness and recreation
Do you usually do {activity textfill} indoors or outdoors?
Select all that apply

1. Indoors
2. Outdoors

If they try to go past please check but then offer them the option to say:
98 Don’t know
99 Prefer not to say
Don’t force answer but also don’t offer prefer not to say on initial question

INOUTD
[ASK IF GROUP 2 ONLY. DO NOT ASK GROUP 1]
[Follow up for people selecting BOTH indoor and outdoor activity – for these major activities only if INOUT=1 and 2 for a single activity from this list AND days at ACTIV3>1 for that activity (KK to advise)]

ACTIV1_1_1_2 Small-sided football
ACTIV1_2_1 Tennis
ACTIV1_1_8 Basketball
ACTIV1_11_8 Flat green bowls
A1_1_2_6 Cricket nets/practice
A1_1_7 Netball
A1_3_1_2 Climbing or bouldering wall
A2_5_10 Bootcamp
A2_5_1 Gym session

INOUTD
[ASK IF GROUP 2 ONLY. DO NOT ASK GROUP 1]
You have already told us you have done \{textfill number of days\} days of \{textfill sport/activity\} in the last 28 days. How many of these days were done outdoors?
NUMBER: UP TO 2 DIGITS

If they try to go past please check but then offer them the option to say:
98. Don’t know
99. Prefer not to say

Don’t force answer but also don’t offer prefer not to say on initial question

\textit{SETIN\_1\_1\_1\_1 etc}

[ASK IF GROUP 2 ONLY. DO NOT ASK GROUP 1]

[If INOUT=1 for that activity (indoors)]

Where do you usually do \{activity textfill\} \{textfill indoors if INOUT-1 and 2\}?
INFO: If you do the activity in more than one place, please select the place you do the activity most often or for the most time.

1. At home
2. Leisure/Fitness/Sport Centre or Gym \textit{INFO: includes sports halls/centres at universities}
8. In a school or college hall \textit{INFO: E.g., school or sixth form college}
3. Community centre or village hall (not dedicated to sport) \textit{INFO: Includes school halls}
4. \{Specialist Facility textfill – wording on list, for instance: 1) Basketball arena or centre, 2) Tennis centre or club facility\}
5. Other

If they try to go past please check but then offer them the option to say:
6. Don’t know
7. Prefer not to say

\{don’t force answer but also don’t offer prefer not to say on initial question\}

\textit{SETOUT\_1\_1\_1\_1 etc}

[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

[If INOUT=2 for that activity (outdoors)]

\textbf{Sport, fitness and recreation}

Where do you usually do \{activity textfill\} \{textfill outdoors if INOUT-1 and 2\}?
INFO: If you do the activity in more than one place, please select the place you do the activity most often or for the most time.

1. At home
2. Leisure, fitness or sport centre
13. On a school or college playing field, pitch or court
3. Local park, recreation ground or green space
5. Historic Estates and Gardens
4. Countryside (includes forest or woodland paths, bridleways, beaches and towpaths)
6. Sea
7. Inland water (includes rivers, lakes, canals, reservoirs)
8. On the road or pavement
9. {Specialist facility textfill – wording on list, for instance: 1) Football centre or club facility, 2) Tennis centre or club facility}
10. Other

If they try to go past please check but then offer them the option to say:
11. Don’t know
12. Prefer not to say

Don’t force answer but also don’t offer prefer not to say on initial question

SURFACE_1_1_1_1 etc
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]
[IF SETOUT=2 for that activity (for subgroup of activities – see list)]
What type of surface do you usually use for {activity textfill} outdoors?
INFO: If you do the activity on more than one surface, please select the surface on which you do the activity most often or for the most time.
1. Grass
2. Artificial
3. Hard surface

If they try to go past please check but then offer them the option to say:
4. Don’t know
5. Prefer not to say

Don’t force answer but also don’t offer prefer not to say on initial question.

LOCAL1
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]
[For Walking (ACTMTH_WALK1_2) or cycling for leisure (ACTMTH_CYC1_2) in last 28 days]
Sport, fitness and recreation
When {textfill activity – in original form e.g. walking for leisure (includes dog walking and rambling)}, where do you usually start and finish your {textfill – ‘cycle ride’ for cycling for leisure and ‘walk’ for walking for leisure)?

1. Start and finish somewhere near home
2. Start and finish at my place of work or education (e.g. in lunch break) {walking only}
3. Start or finish somewhere else I travel to or from (go by car or public transport to get there or back)

   If they try to go past please check but then offer them the option to say:

4. Don’t know
5. Prefer not to say

Don’t force answer but also don’t offer prefer not to say on initial question

**LOCAL2**

[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

[For running and jogging in last 28 days (ACTMTH_A1_8_2)]

When running or jogging, where do you usually start and finish?

1. Start and finish somewhere near home
2. Start and finish at my place of work or education (e.g. in lunch break)
3. Run from home to place of work/education or place of work/education to home (commuting)
4. Start or finish somewhere else I travel to or from (go by car or public transport to get there or back)

   If they try to go past please check but then offer them the option to say:

6. Don’t know
7. Prefer not to say

Don’t force answer but also don’t offer prefer not to say on initial question
F. WHO THEY PARTICIPATED WITH

[Ask “WHO THEY PARTICIPATED WITH” after “SETTINGS” questions for each activity looped in with settings. If SETTINGS questions are not asked, ask this section after BREATHING questions. If BREATHING questions are not asked then ask this section after “TIME SPENT” questions, on a new page.]

WHOWITH

[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

Sport, fitness and recreation

In the last 4 weeks {since date 4 weeks ago} who have you done {activity textfill} with?

Please select all that apply, thinking of all the times you have done this activity in the last 4 weeks

Use the same activity list as for all the other follow-ups to activities in the last month but without exceptions

A. I have done it alone INFO: You can select this if you have done the activity alone at any point in the last 4 weeks, even if at other times you did the activity with others

B. With children from my family under 16 years old (e.g. children, grandchildren, siblings)

C. With adults or young people aged 16 and over from my family (e.g. partner, parents, in-laws, adult siblings)

D. With other people outside my family (e.g. friends, colleagues, team mates, house mates and any other non-relative)

NEW TIMING POINT 11
G. FEELINGS ABOUT SPORT AND ACTIVITIES - HABIT

NEW TIMING POINT 12

The program has been set up so there are two questions HABIT1 and HABIT2.

Each person can be asked any of the following combinations:
HABIT1 and HABIT2
HABIT1 only
HABIT2 only
Neither question

Each of them (HABIT1 and HABIT2) would only ever be asked once. If someone has two or more sports qualifying for HABIT1 then a sport is randomly chosen from among the eligible sports. It is important that the program keeps a record of which sport was being referred to when asking HABIT1/ HABIT2.

HABIT is asked at the sport level. A separate spreadsheet has been provided (sports and disciplines) which has a tab for HABIT. For example, if someone does 11 a side and small sided football, then their time/ pattern for both of them combined needs to be taken in consideration when deciding which of the HABIT questions should be asked. Also the question would ask 'Thinking about football'.

Criteria for selecting the sports for which to ask the habit questions:

HABIT1
[ASK ALL IN GROUP 1 AND DO NOT ASK IN GROUP 2]
Description: Ask for a randomly selected activity from the pool of all activities done in the last month (except any which were done for 20 or more sessions and in every time period in the last year). All activities except gardening can be included in the pool to select from.

RANDOMLY SELECT ONE ELIGIBLE ACTIVITY
ELIGIBLE ACTIVITIES:
• DONE IN THE LAST 28 DAYS (ACTMTH=1) and
• NOT done in every time period and
  o INCLUDE if actyr = 1 and 2 but not 3 or 1 and 3 but not 2, or 2 and 3 but not 1. (i.e. NOT actyr=1 and 2 and 3)
  o EXCLUDE if actyr=1 and 2 and 3
• NOT done for 20 or more days in last 28 and
  o INCLUDE if ACTIV3 (DAYS)<20
  o EXCLUDE if ACTIV3 (DAYS)>=20
• ACTIVITY IS ANYTHING EXCEPT GARDENING (ACT1_2)
  o INCLUDE ALL ACTIVITIES EXCEPT GARDENING

HABIT2
[ASK ALL IN GROUP 1 AND DO NOT ASK GROUP 2]
Description: Ask for a randomly selected activity from the pool of all activities done in the last year but not in the last month (either because they didn’t do them in the last 3 months (actyr<>1) or they did in the last three months (actyr=1) but not the last month (actmth<>1)

RANDOMLY SELECT ONE ELIGIBLE ACTIVITY
ELIGIBLE ACTIVITIES:
- DONE IN LAST YEAR (ANY ACTIVITY FOR WHICH ACTIV1=YES (1) and
- NOT done in the last month
  - ACTMTH=no (2) OR
  - ACTYRa=no (0)
- ACTIVITY IS ANYTHING EXCEPT GARDENING (ACT1_2)
  - INCLUDE ALL ACTIVITIES EXCEPT GARDENING

Question wording is the same for both HABIT1 and HABIT2

Lay this out on one page (HABIT1 on one page and HABIT2 on another) with agree disagree scale on vertical after each statement.

**HABIT1/ HABIT2**

**Sport, fitness and recreation**
Thinking about {TEXTFILL: activity at Sport level}. To what extent do you agree or disagree with these statements?

A The activity is part of my routine.

B I don’t need to think about whether to do the activity – I just do it.

C The activity is typically me.

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
98. Don’t know
99. Prefer not to say

Formatting: Please ensure that the question wording is the same font size and weight as other questions. Also please ensure that the activity name is highlighted – at least underlined. In addition, show a banner at the top of the page like that on ACTIV3 with the sport in a turquoise background.
H. FEELINGS ABOUT SPORT AND ACTIVITY – READINESS

READY1
[ASK ALL]

Sport, fitness and recreation
Thinking about physical activity generally, to what extent do you agree or disagree with these statements? INFO BOX: Please think about this in relation to sports, fitness and recreational activities and NOT other times outside of this when you are physically active, i.e. at work or doing housework

READYAB1
I feel that I have the ability to be physically active INFO BOX: Ability includes physical ability and confidence.
1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
98. Don’t know
99. Prefer not to say

READYOP1
I feel that I have the opportunity to be physically active INFO BOX: Opportunity includes things such as having somewhere to do it, being able to afford it, having the right kit, support from family, someone to take part with etc
1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
98. Don’t know
99. Prefer not to say
I. MOTIVATION

Apply a filter so that people who HAVE done at least 2 sessions of moderate intensity sport in the last 28 days are asked about sport and those who HAVE NOT are asked about exercise. Not having done 2 sessions of moderate intensity sport in the last 28 days includes because they did nothing at all in last year (ACT1= none of these), they did nothing in the last three months (actyr<>1 for any activity) or they did nothing in the last month (actmth<>1=1 for any activities) or a combination of the last two conditions.

Work out whether total DAYS added up across activities for which BREATHa=1 or BREATHb=1 is <2 or>=2. For working out number of sessions of sport don’t include CYCLING FOR TRAVEL (CYC1_1), WALKING FOR TRAVEL OR LEISURE (WALK1_1, WALK1_2, ACTIV1_4_8), DANCE (DANCE) OR GARDENING (ACT1_2).

Use same logic as for READY2 but without the need to consider overall mins of exercise.

Ask once for each statement
To those who have done 2 or more sessions of moderate sport in in last 28 days

**MOTIVSP**

**Sport, fitness and recreation**

Thinking about sport in general. How much do you agree or disagree with these statements?

{Show the statements below on one screen in such a way that the question disappears and just answer chosen is shown once selected so there is less scrolling on screen.}

A. I find sport enjoyable and satisfying

B. It’s important to me to do sport regularly

C. I feel guilty when I don’t sport

D. I do sport because I don’t want to disappoint other people **INFO BOX:** Disappointing people can include feeling social pressure to take part as well as a sense of letting teammates/friends down or disappointing family who are concerned for your health

[Ask statement E on a separate page. Only ask if they select 3, 4 or 5 (Neither agree nor disagree, Disagree, Strongly Disagree) for A and B and C and D of MOTIVSP]

E. I feel that doing sport is pointless

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
98. Don’t know
99. Prefer not to say

**MOTIVEX**

[Ask once for each statement to those who have NOT done 2 or more sessions of moderate sport in last 28 days]

**Sport, fitness and recreation**

Thinking about exercise in general. How much do you agree or disagree with these statements?

A. I find exercise enjoyable and satisfying
B. It’s important to me to exercise regularly
C. I feel guilty when I don’t exercise
D. I exercise because I don’t want to disappoint other people

INFO BOX: Disappointing people can include feeling social pressure to take part as well as a sense of letting teammates/friends down or disappointing family who are concerned for your health

Ask statement E on a separate page. Only ask if they select 3, 4 or 5 (Neither agree nor disagree, Disagree, Strongly Disagree) for A and B and C and D of MOTIVEX

E. I feel that doing exercise is pointless

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
98. Don’t know
96. Prefer not to say

**MOTIVEX2**

ASK ALL
SA for each

**Sport, fitness and recreation**

(IF SHOWN MOTIVEX: “Still thinking…” IF NOT SHOWN MOTIVEX: “Thinking…”) about exercise in general. How much do you agree or disagree with these statements?

A. I exercise to stay fit and healthy
B. I exercise to help me relax and worry less about things
C. I exercise socially for fun with friends
D. I exercise to challenge myself (either against myself or others)

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree
98. Don’t know
96. Prefer not to say

NEW TIMING POINT 13
J. VOLUNTEERING

NEW TIMING POINT 14

VOLINT
[ASK ALL]

Sport, fitness and recreation
During the last 12 months, that is since {^INSERT^}, 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 include any things which you have recently been doing for free or on a voluntary basis, which you have previously been paid for.

Select all that apply

1. Raise funds for a sports club, organisation or event INFO: Only include fundraising for sport, not more general charitable fundraising through taking part in a sports event or activity
2. Provide transport which helps people take part in sport (other than family members)
3. Coaching or instructing an individual or team(s) in a sport or recreational physical activity (other than solely for family members)
4. Referee, umpire, or officiate at a sports match, competition or event
5. Perform an administrative or committee role for a sports organisation, activity or event (e.g. chairman, treasurer, social secretary, first aider, welfare officer)
6. Act as a steward or marshal at a sports activity or event (this may include helping with registration, marking the route)
7. Other: Provide any other help for a sport or recreational physical activity (such as welcoming people, helping with refreshments, setting out equipment, marketing)
   PLEASE SPECIFY: {INCLUDE SPACE FOR OPEN ENDED RESPONSE IF 'OTHER' IS CHOSEN HERE}
8. No, have not participated in any of these activities in last 12 months

VOLFRQB
[IF VOLINT<8 AND IF GROUP 1 OR GROUP 2]

Sport, fitness and recreation
Thinking about all those sport and fitness activities you have given your time to support. Generally, how often have you done so over the last 12 months?

Select one answer only

1. Once a month or more
2. Every few months
3. Once/one-off activity
VOLMTHB
[IF VOLFRQB= 1, 2 AND ASK IF GROUP 1 OR GROUP 2]

Sport, fitness and recreation
Thinking about all those sport and fitness activities you have given your time to support, how often have you volunteered in the past 4 weeks {date 4 weeks ago underlined}? 
Select one answer only

1. On 3 or more days per week
2. Twice a week
3. Once a week
4. Once a fortnight but less than once a week
5. Once
6. Have not volunteered in the last 4 weeks
98. Don’t know

VOLMTHB2
[If VOLFRQB= 3,98 (DK) AND ASK IF GROUP 1 OR GROUP 2]

Sport, fitness and recreation
Think about all those sport and fitness activities you have given your time to support. Have you volunteered in the past 4 weeks {date 4 weeks ago}? 
Select one answer only

1. Yes
2. No
98. Don’t know

VOLDURATIONA
[IF VOLINT<8 AND ASK IF GROUP 1 OR GROUP 2]

Sport, fitness and recreation
Thinking about the type of support you provide most often, how long do you usually do this for in any given instance? 
Select one answer only

1. Less than half an hour
2. Around half an hour
3. Around 45 minutes to an hour
4. Around two hours
5. Three or four hours
6. More than four hours
98. Don’t know

**VOLLONGVTYA**

[IF VOLINT<8 AND ASK IF GROUP 1 OR GROUP 2]

**Sport, fitness and recreation**

Thinking about the volunteering support you provide most often, over what time period have you been giving this support?

*Select one answer only*

1. This is my first year
2. I’ve done this in some form over the last 1-2 years
3. I’ve done this in some form over the last 2-3 years
4. I’ve done this in some form over the last 4-5 years
5. I’ve done this in some form for between 5-10 years
6. I’ve done this in some form for over 10 years
98. Don’t know

**NEW TIMING POINT 15**
K. GOALS AND COMMUNITY

LONE
[ASK ALL (ASK IF GROUP 1 OR GROUP 2)]

About you
How often do you feel lonely?
INFO: This question aims to understand how people feel about their lives as it is important to us. There are no right or wrong answers.

Select one answer only

<p>| | |</p>
<table>
<thead>
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<tbody>
<tr>
<td>1.</td>
<td>Often / always</td>
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<tr>
<td>2.</td>
<td>Sometimes</td>
</tr>
<tr>
<td>3.</td>
<td>Occasionally</td>
</tr>
<tr>
<td>4.</td>
<td>Hardly ever</td>
</tr>
<tr>
<td>5.</td>
<td>Never</td>
</tr>
<tr>
<td>98.</td>
<td>Don’t know</td>
</tr>
<tr>
<td>99.</td>
<td>Prefer not to say</td>
</tr>
</tbody>
</table>
L. DIET

NEW TIMING POINT 16

FRUITVEG
[ASK ALL]
About you
How many portions of fruit and vegetables did you eat yesterday?
Please include all fruit and vegetables, including fresh, frozen, dried or tinned, stewed fruit or fruit juices and smoothies, but do not include any potatoes you ate. Fruit juice, beans and pulses only count as one portion no matter how much you have.

What should I count as a portion?
INFO: A portion of fruit 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.
A portion of vegetables 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.

NUMERIC. MIN 0, MAX 20
Don’t know

FRUITVEGCHK
[ASK IF FRUITVEG>9]
About you
You entered that you ate \(^{\text{\textbf{INSERT PORTION FROM FRUITVEG}}}\) portions of fruit and vegetables yesterday. Is that correct?
Select one answer only

1. Yes
2. No - you will be taken back to re-enter the correct portion

IF FRUITVEGCHK = 1 GO TO NEXT SECTION.
IF FRUITVEGCHK = 2 GO BACK TO FRUITVEG

NEW TIMING POINT 17
M. DEMOGRAPHICS

NEW TIMING POINT 18

DEMINT

About you
Now a few questions about you and your household.
Please be assured that we are bound by the Market Research Society code of conduct {hyperlink to MRS Code of conduct webpage} and all of your details are held in the strictest confidence. Your answers will not be used to identify you.

GEND

[ASK ALL]

About you
Which of the following describes how you think of yourself?
Select one answer only

1. Male
2. Female
3. In another way INFO: Please select other if you identify yourself as being transgender, an individual who lives, or wants to live, in the gender opposite to that they were assigned at birth.

If they try to go past please check but then offer them the option to say:
99. Prefer not to say

Don’t force answer but also don’t offer prefer not to say on initial question

IDENT

[ASK IF GROUP 1 ONLY AND DO NOT ASK IF GROUP 2]

About you
Which of the following options best describes how you think of yourself?

1. Heterosexual or Straight
2. Gay or Lesbian
3. Bisexual
4. Other
5. Don’t know
99. Prefer not to say

AGE

ASK ALL
About you
What is your age?

**NUMBER RANGE 16 to 100**
(if they try to go past please check but then offer them the option to say prefer not to say – don’t force answer but also don’t offer prefer not to say on initial question)

**AGEMTH**
ASK IF AGE<19

About you
What is your month of birth?
[OFFER ALL MONTHS from JANUARY to DECEMBER]

**AGEMTH2**
[If AGEMTH= current month]

About you
Have you just turned 16 or are you about to turn 17? {textfill for the right age – this also affects young people in the adult questionnaire}

I have just turned 16 {textfill}
I am about to turn 17 {textfill}
It is my birthday today

{Ages in question wording and in answer categories should be textfilled. 16 is current age given at AGE. 17 is current age plus 1.}

**ADULTPAGE**
[ASK ALL]

About you
Now for some questions about your household.

*The information is used to understand the experiences of different groups, but the statistics produced will not identify you or anyone in your household.*

Including yourself, how many adults aged 16 and over currently live in your household?

**Who should I include?** INFO: Include all adults aged 16 and over, including any young people aged 16 or over. Include young people who regularly spend part of the week in your household. Include yourself.

**NUMERIC 1...10**
CHILD

[ASK ALL]

About you
How many children or young people aged 0 to 15 years currently live in your household?

Who should I include? INFO: Include all children aged 0-15 in your household, whether or not they are your own children. Include infants and babies. Include children who regularly spend part of the week in your household.

NUMERIC 0...15
{if they try to go past please show check: 'MISSING ANSWER: If there are no children in the household please enter 0' and the added option of “Prefer not to say”.

CHAGE

[If CHILD>0 (child in household)]

About you
How old is this child {if CHILD=1} OR are these children {if CHILD>1}?

{Show multiple rows up for number of children aged 0-15 in household
Header: Age in Years
Rows for each child:
First child
Second child (and so on)}

YOUNGAD

[ASK IF ADULTPAGE>1]

About you
{Use wording if respondent =16-24 at Age}: Apart from you, are there any other people aged 16-24 years who live in your household?

{Use wording if respondent =25+ at age}: Are there any people aged 16-24 years who live in your household?

Do not include people who only stay here during holidays.

1. Yes – someone (else) aged 16-24 years lives in the household {only show else if respondent=16-24 at age}
2. No

HOUSEH

About you
Who lives in your household? Please tell us how members of this household are related to you.
1. Partner or spouse INFO: Include husband or wife, civil partners
2. Son(s) or daughter(s) (including step-children who live with me full time [bold] (include all children even if aged 16 or over) INFO: Include fostered and adopted children and sons/daughters in-law.
3. Son(s) or daughters(s) (including step-children) who only live with me part of the week [bold] (only include regular arrangements) INFO: Include fostered and adopted children and sons/daughters in-law.
4. Mother or father (include mothers/fathers in-laws and step-mother or step-father)
5. Grandparent(s)
6. Grandchild or grandchildren
7. Sister(s) or brother(s) INFO: Include brothers/sisters in-law and step-brothers/sisters
8. Other relation
9. Friend(s) and/or house shares
10. Lodger(s) or someone renting a room
   {if they try to go past please check but then offer them the option to say:}
98. Don’t know
99. Prefer not to say {don’t force answer but also don’t offer prefer not to say on initial question}

LEFTCH
[ASK ALL]
About you
Do you have any children (of any age, including adults) who no longer live with you?
1. Yes
2. No

ETHNIC
[ASK ALL]
About you
Which one of the following best describes your ethnic group or background?
Select one answer only

WHITE {drop down options below}
1. English/Welsh/Scottish/Northern Irish/British
2. Irish
3. Gypsy or Irish Traveller
4. Any other White background (specify) {offer open text box}
MIXED {drop down options below}
5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other mixed/multiple ethnic background (specify) {offer open text box}

ASIAN OR ASIAN BRITISH {drop down options below}
9. Indian
10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian/Asian British background (specify) {offer open text box}

BLACK OR BLACK BRITISH {drop down options below}
14. Caribbean
15. African
16. Any other Black/Black British background (specify) {offer open text box}

OTHER ETHNIC GROUP {drop down options below}
17. Arab
18. Any other ethnic group (specify) {offer open text box for this}
99. Prefer not to say

RELIG1
[ASK ALL IN GROUP 1 AND DO NOT ASK GROUP 2]

About you
What is your religion, even if you are not currently practising?
Please select one option

1. Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
2. Buddhist
3. Hindu
4. Jewish
5. Muslim
6. Sikh
7. Any other religion
8. No religion
98. Don’t know
99. Prefer not to say

NEW TIMING POINT 19
N. HEALTH AND WELLBEING

NEW TIMING POINT 20

HEALTH
[ASK ALL]

About you
How is your health in general? Is it…

1. Very Good
2. Good
3. Fair
4. Bad
5. Very bad
99. Prefer not to say

DISAB1
[ASK ALL]

About you
Do you have any physical or mental health conditions or illnesses that have lasted or are expected to last 12 months or more?

Select one answer only

1. Yes
2. No
99. Prefer not to say

DISAB2
[IF DISAB1=1]

About you
Do these physical or mental health conditions or illnesses have a substantial effect on your ability to do normal daily activities?

Select one answer only

1. Yes
2. No
99. Prefer not to say

DISTYP
[ASK IF DISAB1 = 1]
About you
Does this disability or illness affect you in any of the following areas?
Select all that apply

1. Long term pain
2. Chronic health condition
3. Mobility
4. Dexterity
5. Mental health
6. Visual
7. Breathing
8. Memory
9. Hearing
10. Learning
11. Speech
12. Behavioural
95. Other
96. None of these
99. Prefer not to say

INFO for categories above:
Long term pain: persistent or chronic pain as a result of tissue damage or inflammation (for example from arthritis) or to do with the nervous system (for example from diabetes).

Chronic health conditions: conditions for which there is currently no cure, and which are managed with medication and other treatment, for example: diabetes, coronary heart disease, stroke, epilepsy and hypertension.

Mobility: the ability to move around. Problems with mobility may cause unsteadiness and difficulty walking or moving. It can be caused by many things including muscle weakness, joint problems, pain or neurological conditions.

Dexterity: using the hands or body for fine motor skills or small movements. Problems with dexterity may affect picking things up, maintaining a hold on items, buttoning clothing, or writing.

Mental health: Mental health problems can affect the way people think, feel and behave. This includes anxiety disorders, bipolar disorder, depression, eating disorders, personality disorders, psychosis and schizophrenia.

Visual: a limitation in one or more functions of the eye or visual system. This includes total blindness as well as visual impairment or low vision that cannot be corrected with standard glasses or contact lenses.
Breathing: medical conditions that affect the lungs and respiratory system and may result in breathlessness, asthma attacks or fatigue. Includes obstructive conditions (e.g. bronchitis), restrictive conditions (e.g. fibrosis), vascular diseases (e.g. pulmonary edema) or infectious, environmental and other "diseases" (e.g. tuberculosis, asbestosis).

Memory: difficulty consistently remembering information which impacts on daily life. It can be a result of brain trauma, stroke, dementia and other conditions.

Hearing: includes partially or wholly lacking hearing, in one or both ears, at birth, through disease early in life, or later in life. Also known as hard of hearing, hearing loss, deaf, deafness.

Learning: reduced intellectual ability and difficulty with everyday activities. Also known as intellectual disability or learning difficulty.

Speech: a disruption in normal speaking patterns that makes verbal communication difficult. This can include lisps and stammering, dyspraxia and dysarthria.

Behavioural: Behaviour traits that have a negative effect on daily life and/or social interactions or that make certain tasks more difficult.

Other: Any other physical or mental health conditions or illnesses that have lasted, or are expected to last, 12 months or more, that are not listed above.

**HEIGHT**

[ASK ALL]

About you

How tall are you without shoes? If you are unsure please give an estimate.

INFO: Please give your height to the nearest half inch or nearest centimetre. 

(Defau[t box is feet and inches but with button to click to get cm)

Feet {NUMBER RANGE 3 to 7} and inches {NUMBER RANGE 0 to 11 with .0 and .5 and whole numbers with no decimal mentioned allowed}

If selected: Centimetres {NUMBER RANGE 90 to 240}

3. Cannot give estimate

99. Prefer not to say

NOTE TO SCRIPTER:

IF ANSWER IS HIGHER OR LOWER THAN ALLOWED ADD:

‘Your answer, &lt;INSERT ANSWER&gt; is not within the range for this question. Please enter an answer between &lt;LOWEST NUMBER ALLOWED&gt; and &lt;HIGHEST NUMBER ALLOWED&gt;.

IF NO ANSWER IN INCHES CHECK HEIGHT WORDING:
Missing Answer: Please enter a value for feet AND inches. If your height is an exact number of feet, please enter 0 in the inches box. There are 12 inches in a foot.
**HGTCHK**

[IF LESS THAN (4FT 11IN / 150 CM) OR MORE THAN (6FT 5IN / 196 CM) DISPLAY ON SCREEN LOGIC CHECK. VALUES OUTSIDE THESE RANGES STILL PERMITTED]

**About you**

Your height is \{^insert feet^\} and \{^insert inches^\} / \{^insert cms^\}, is that correct?

1. Yes
2. No - you will be taken back to change your answer
99. Prefer not to say

**IF = 1 or 99 GO TO NEXT QUESTION, IF = 2 GO BACK AND CORRECT HEIGHT**

**WEIGHT**

[ASK ALL]

**About you**

What is your current weight? If you are unsure please give an estimate.

{Default box is stones and pounds but with button to click to get kg}

**STONES (NUMBER RANGE 3 to 40) POUNDS (NUMBER RANGE 0 to 13)**

**KILOGRAMS (NUMBER RANGE 20 to 250)**

Cannot give estimate

Prefer not to say

**NOTE TO SCRIPTER:**

**IF POUNDS MISSING CHECK WEIGHT WORDING:**

Missing Answer: Please enter a value for stones AND pounds. If your weight is an exact number of stones please enter 0 in the pounds box.

**IF ANSWER OUTSIDE VALID RANGE CHECK WEIGHT WORDING:**

Your answer is not within the range for this question. Please enter an answer between 3 stone 0 pounds and 40 stone 0 pounds. There are 14 pounds in a stone.

**WGTCHK**

**About you**

Your weight is \{^insert stones^\} and \{^insert pounds^\} / \{^insert kgs^\}, is that correct?
1. Yes
2. No - you will be taken back to change your answer
99. Prefer not to say

**IF = 1 or 99 GO TO NEXT QUESTION.**
**IF = 2 GO BACK AND CORRECT WEIGHT**

**PREG**

([ASK IF GEND = 2 AND (AGE < 55) - ask for women in correct age range who have given a height and weight (valid HEIGHT ANSWER and VALID WEIGHT ANSWER). Do not ask this if gave prefer not to say or cannot give estimate on HEIGHT OR WEIGHT])

**About you**

As being pregnant affects weight, are you pregnant at present?

*Select one answer only*

1. Yes
2. No
99. Prefer not to say

(Wellbeing questions (standard ONS wellbeing questions))

**NEW TIMING POINT 21**

**NEW TIMING POINT 22**

**WELLINT**

([ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1])

**About you**

Understanding how people feel about their lives is important to us. The next questions ask about aspects of your life and local area. There are no right or wrong answers.

{no answers – just next button}

**LIFESAT**

([ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1])

**About you**

On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

{DISPLAY HORIZONTALLY}

0 Not at all satisfied

1

2
10 Completely satisfied
98 Don't know
99 Prefer not to say

{'Don't know' and 'Prefer not to say' options hidden unless participants try to click through without answering.}

HAPPY
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

About you
On a scale of 0-10, where 0 is not at all happy and 10 is completely happy, overall, how happy did you feel yesterday?

DISPLAY HORIZONTALLY
0 Not at all happy
1
2
3
4
5
6
7
8
9
10 Completely happy
98. Don’t know
99. Prefer not to say

{'Don't know' and 'Prefer not to say' options hidden unless participants try to click through without answering.}

ANXIOUS
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]
About you
On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday?

DISPLAY HORIZONTALLY
0 Not at all anxious
1
2
3
4
5
6
7
8
9
10 Completely anxious
98. Don’t know
99. Prefer not to say

{'Don’t know' and ‘Prefer not to say’ options hidden unless participants try to click through without answering.}

WORTHW
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

About you
On a scale of 0-10, where 0 is not at all worthwhile and 10 is completely worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?

DISPLAY HORIZONTALLY
0 Not at all worthwhile
1
2
3
4
5
6
7
8
9
10 Completely worthwhile
98. Don’t know
99. Prefer not to say

{‘Don’t know’ and ‘Prefer not to say’ options hidden unless participants try to click through without answering.}
O. INDIVIDUAL DEVELOPMENT

**INDEV**

[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

**About you**

To what extent do you agree with the statement 'I can achieve most of the goals I set myself'?

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
98. Don't know
99. Prefer not to say

{'Don't know' and 'Prefer not to say' options hidden unless participants try to click through without answering.}

**INDEVTRY**

[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

**About you**

Thinking generally, to what extent do you agree with the statement 'If I find something difficult, I keep trying until I can do it'?

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
98. Don't know
99. Prefer not to say

{'Don't know' and 'Prefer not to say' options hidden unless participants try to click through without answering.}
P. COMMUNITY

COMM1
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

About you
To what extent do you agree or disagree that most people in your local area can be trusted?

5. Strongly agree
4. Agree
3. Neither agree nor disagree
2. Disagree
1. Strongly disagree
98. Don’t know
99. Prefer not to say

{"Don’t know’ and ‘Prefer not to say’ options hidden unless participants try to click through without answering.} 

COMM2
[ASK IF GROUP 2 ONLY. DO NOT ASK IF GROUP 1]

About you
To what extent do you agree or disagree that your local area is a place where people from different backgrounds get on well together?

1. Definitely agree
2. Tend to agree
3. Tend to disagree
4. Definitely disagree
5. There are too few people in the local area
6. People in this area are all of the same background
98. Don’t know
99. Prefer not to say

{"Don’t know’ and ‘Prefer not to say’ options hidden unless participants try to click through without answering.} 

NEW TIMING POINT 23

EDUC
[ASK ALL]
About you
What is your highest educational qualification? This means any educational, professional, vocational or other work-related qualifications for which you received a certificate?

Select one answer only

1. Degree level or above
2. Other Higher Education below degree level
3. A levels, NVQ level 3 and equivalents INFO includes AS level, SVQ and GNVQ level 3, BTEC National
4. GCSE/O level grade A*-C or 4-9, NVQ level 2 and equivalents INFO: includes SVQ and GNVQ level 2, BTEC first or general diploma
5. Qualifications at level 1 and below INFO: includes GCSE or O level below grade C or 4, CSE below grade 1, NVQ, SVQ and GNVQ level 1, BTEC first or general certificate
6. Another type of qualification INFO: includes other vocational or professional or foreign qualifications
7. No qualification
if they try to go past please allow them to – not forced answer

WORKST
[ASK ALL]

About you
Moving on, some questions about your work and employment.
What is your current working status?

Please select your main status.

1. Working full-time
2. Working part-time
3. Unemployed – less than 12 months
4. Unemployed (long term) – more than 12 months
5. Not working – retired
6. Not working – looking after house/children
7. Not working – long term sick or disabled
8. Student – in full-time education studying for a recognised qualification
9. Student – in part-time education studying for a recognised qualification
10. Other

RETIRE
[ASK IF WORKST = 5]
About you
Which year did you leave your last paid job?
{Space to write year in 4 digits. E.g. 2002}
{RANGE: 1920 to year in which interview is being completed}
{Check if only enter 2 digits: Please enter year in full e.g. 2000}

STUDY
[ASK IF WORKST = 1-7, 10]
About you
Are you currently studying for a recognised qualification?
Select one answer only
1. Yes – part-time
2. Yes – full-time
3. Not studying for a recognised qualification
4. Don’t know

STUDLV
[ASK IF WORKST = 8 or 9 or STUDY = 1 or 2]
About you
Where are you studying?
Select all that apply
1. School Year 11 [DISPLAY IF AGE = 16-24 or missing]
2. School sixth form [DISPLAY IF AGE = 16-24 or missing]
3. Sixth form college
4. A further education college or other further education institution
5. A university or other high education institution
6. Other

EVWRK
[ASK IF WORKST = 6, 7, 9]
About you
Have you ever worked?
Please select one option
1. Yes
2. No
{if they try to go past please allow them to – not forced answer}

SOCEMP
[ASK IF WORKST = 1, 2, 3, 5, 10 OR IF EVWRK = 1]
{Note question wording slight different according to whether they are working or not}
About you

[IF WORKST = 1 or 2]
Are you working as an employee or are you self-employed?

[IF WORKST = 3, 5, 10 or EVWRK = 1]
Were you working as an employee or were you self-employed in your last main job?

Select one answer only

1. Employed
2. Self-employed

(if they try to go past please allow them to – not forced answer)

SOCSUP

[ASK IF SOCEMP = 1, MISSING]
(Manager or supervisor)

About you

[IF WORKST = 1 or 2]
In your job do you have any formal responsibility for supervising the work of other employees?

[IF WORKST = 3, 5, 10 or EVWRK = 1]
In your job did you have any formal responsibility for supervising the work of other employees?

Select one answer only

What do I include as supervising?

INFO: INCLUDE supervising employees
DO NOT include supervising children, animals or buildings.

1. Yes
2. No

(if they try to go past please allow them to – not forced answer)

SOCNE

[ASK IF SOCEMP = 1, MISSING]
(Number of employees)

About you

[IF WORKST = 1 or 2]
How many people work for your employer at the place where you work?

[IF WORKST = 3, 5, 10 or EVWRK = 1]
How many people worked for your employer at the place where you worked?

Select one answer only

1. 1 – 24
2. 25 - 499
3. 500 or more
   {if they try to go past please allow them to – not forced answer}

**SOCEMPN**
[ASK IF SOCEMP = 2]
{Number of employees – self – employed}

**About you**
[IF WORKST = 1 or 2]
Are you working on your own or do you have employees?
[IF WORKST = 3, 5, 10 or EVWRK = 1]
Were you working on your own or did you have employees?
*Select one answer only*

1. On my own/with partner but no employees
2. With employees
   {if they try to go past please allow them to – not forced answer}

**SOCSELF**
[ASK IF SOCEMPN = 2]
{Number of employees – self – employed}

**About you**
[IF WORKST = 1 or 2]
How many people do you employ at the place where you work?
[IF WORKST = 3, 5, 10 or EVWRK = 1]
How many people did you employ at the place where you worked?
*Select one answer only*

1. 1 – 24
2. 25 – 499
3. 500 or more
   {if they try to go past please allow them to – not forced answer}

**OCCUP**
[ASK IF WORKST = 1, 2, 3, 5, 10 OR IF EVWRK = 1]

**About you**
[IF WORKST = 1 or 2]
Select the answer which best describes the sort of work you do.
[IF WORKST = 3, 5, 10 or EVWRK = 1]
Select the answer which best describes the sort of work you did in your last job.
*Select one answer only*
1. **Modern professional occupations** such as: 
police officer (sergeant or above) – software designer

2. **Clerical and intermediate occupations** such as: 
officer auxiliary – nursery nurse

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

4. **Technical and craft occupations** such as: 
– train driver

5. **Semi-routine manual and service occupations** such as: 
assistant – receptionist – sales assistant

6. **Routine manual and service occupations** such as: 
labourer – waiter/waitress – bar staff

7. **Middle or junior managers** such as: 
office manager – retail manager – bank manager – restaurant manager – warehouse 
manager – publican

8. **Traditional professional occupations** such as: 
accountant – solicitor – medical practitioner – scientist – civil/mechanical engineer

{if they try to go past please allow them to – not forced answer}

NEW TIMING POINT 24
Q. RE-CONTACT QUESTIONS

**VOUCH**
[ASK ALL]

**Final questions**
Thank you for taking the time to complete this survey. In appreciation, we would like to give you a £5 gift voucher. To receive your gift voucher please enter your email address below. This will be passed to Hawk Incentives who are sending out the gift vouchers on our behalf.

*How will Hawk Incentives use my details?* INFO: Hawk Incentives will only use your name and email address to send you your gift voucher. They will not contact you for any other reasons or pass your data to anyone else.

If you provide us with your email address, Hawk Incentives will send you a personalised link to a website within one week. Using the personalised link you will be able to redeem a gift voucher of your choice from a variety of retailers.

Email Address [open text box]

Confirm Email [open text box]

(Provide suitable standard space and format for this to be entered including double entry for accuracy with no option to paste second entry)

2. Do not wish to receive gift voucher [if try to move on]

{CHECK if both 99 checked and email address entered – Please enter a valid email address OR check 'Do not wish to receive voucher}

**RC1**
[ASK ALL]

**Final questions**
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, Active 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.activelivesurvey.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?

1. Yes
2. No

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.

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**RC3**

[ASK IF RC1 = 1]

**Final questions**

What is your name (title, forename and surname)?

{Provide suitable standard space and format for this to be entered}

{If they try to move on without entering details or with just one letter in a field: Error message: If you are willing to be re-contacted about this study or follow up research we need your full name in order to contact you}

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**RC4A**

[ASK IF RC1=1 and VOUCH has email address]

**Final questions**

You have already given us your email address for sending the voucher. May we also use this to contact you about further research?

*Select one answer only*

1. Yes
2. No
**Final questions**

What is your email address?

**What will you use my email address for?** INFO: If you provide us with your email address, this may be used to contact you to ask questions about this study or invite you to take part in follow up research on the topic.

1. Do not wish to give email address {if try to move on}

   {Provide suitable standard space and format for this to be entered including double entry for accuracy but with no opportunity to paste into second entry}

**RC5**

[IF RC1 = 1]

**Final questions**

Please confirm your postal address for future re-contact is the address on the letter we sent you.

**Select one answer only**

1. The address on the letter I received is the correct address for future re-contact

2. I would like to provide another address as I have moved or will move

3. Other

**RC6**

[IF RC5=2]

**Final questions**

What is your new address?

{Provide suitable standard space and format for this to be entered: Two address lines, Town and Postcode}

{Check if postcode is not in correct format}

NEW TIMING POINT 25

**THANKS**

**Final questions**

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 and Public Health England make important decisions about how to support local organisations and projects that will benefit you, your family and your community.

Your answers have now been submitted. You can exit the questionnaire by closing your internet browser.
Additional text IF ADULTPAGE>1:
Is there another adult in your household who has not yet completed the survey? Could you remind them that they too can take part in the survey? Thank you!

*If you have any questions visit our survey website* [hyperlink “survey website” to www.activelivessurvey.org]

*Email us on:* activelives@ipsos.com

*Telephone helpline:* 0808 129 6801
Blank page

End of Questionnaire