
Sport England Activity Check In

Topic Questions

Wave 16 (April 2025)

Make better decisions

Savanta:

To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

TOPIC QUESTIONS

INFO SCREEN

We will now be asking you some questions specifically related to your sense of belonging and engagement with sport and physical activity, as well as your key motivations and approach to taking part where applicable.

ASK ALL

QW16A. To what extent do you feel like you belong in the physical activity world?

Please select one option

SINGLE CODE

- 5. Completely belong
- 4.
- 3.
- 2.
- 1. Don't belong at all
- 97. Don't know

ASK ALL

QW16B. If any, are there any places or situations regarding physical activity, where you feel you don't belong?

Please select all that apply

MULTI CODE, RANDOMISE

- 1. Gyms
- 2. Swimming pools
- 3. Exercise classes
- 4. Parks/outdoor spaces
- 5. Sports clubs
- 6. Walking/running in public
- 7. Online exercise videos/apps
- 8. Community centres
- 9. Leisure centres
- 10. Home exercise equipment
- 96. Other (please specify) (FIX)
- 97. Don't know (FIX)
- 99. None of these (FIX, EXCL.)

ASK ALL

QW16C. How much do you agree or disagree with these statements?

Please select one option

SINGLE CODE

Answer Options

- 5. Strongly agree
- 4. Agree
- 3. Neither agree nor disagree
- 2. Disagree
- 1. Strongly disagree
- 97. Don't know

Statements

- A. I am more likely to take part in sport and physical activity if I feel good doing it (e.g. stress relief, enjoyment, or energy boost)

- B. I struggle to stay motivated in sport and physical activity if I don't feel like I am making immediate progress
- C.
- D. I see sport and physical activity as an investment in my future self, even if I don't enjoy every session
- E. I am willing to make short-term sacrifices because I believe the benefits of sport and physical activity are worth it in the long run (e.g., spending less time with family or friends, spending money to participate, delaying work or school commitments)
- F. I care more about how sport and physical activity makes me feel than how it makes me look
- G. I struggle to stay committed to sport and physical activity (e.g., lose interest or get bored with the sport/activity)

ASK ALL

QW16D. Which of the following benefits, if any, make taking part in sport and physical activity feel worthwhile to you?

Please select all that apply

MULTI CODE, RANDOMISE

- 1. Seeing desired changes in my body or physical appearance
- 2. Feeling improvements in my physical health
- 3. Feeling mentally or emotionally better after taking part
- 4. It provides opportunities for me to succeed in my future (e.g., career progression, scholarships, networking)
- 5. Achieving specific performance goals or improve my skills in the activity
- 6. Developing skills like discipline, resilience, or focus that benefit other areas of my life
- 7. Receiving recognition, support or encouragement from others (e.g., family, friends, social media followers)
- 8. It brings me closer to my culture, religion and/or heritage
- 96. Other (please specify) (FIX)
- 99. None of the above (FIX, EXCL.)

ASK ALL

QW16E. Which of the following adjustments, if any, do you currently make to fit sport and physical activity into your daily routine?

Please select all that apply

MULTI CODE, RANDOMISE

- 1. Adjust my work or study schedule
- 2. Wake up earlier or go to bed later
- 3. Use time that I would otherwise spend on personal downtime (e.g., streaming, social media, gaming, reading)
- 4. Spend less time with family or friends
- 5. Modify or adapt religious or cultural commitments
- 6. Set aside money specifically for sport and physical activity (e.g., gym memberships, equipment, travel)
- 7. Adjust my beauty, grooming, or haircare routine to make it easier to take part
- 8. Limit my involvement in other hobbies, personal interests or social events
- 96. Other (please specify) (FIX)
- 99. I do not currently make any adjustments to fit sport and physical activity into my daily routine (FIX, EXCL.)

ASK ALL

QW16F. Y And which of the following adjustments, if any, would you be willing to make in the future to fit sport and physical activity into your daily routine?

Please select all that apply

MULTI CODE, RANDOMISE, HIDE ANY CODES SELECTED AT QW16E

1. Adjust my work or study schedule
2. Wake up earlier or go to bed later
3. Use time that I would otherwise spend on personal downtime (e.g., streaming, social media, gaming, reading)
4. Spend less time with family or friends
5. Modify or adapt religious or cultural commitments
6. Set aside money specifically for sport and physical activity (e.g., gym memberships, equipment, travel)
7. Adjust my beauty, grooming, or haircare routine to make it easier to take part
8. Limit my involvement in other hobbies, personal interests or social events
96. Other (please specify) (FIX)
99. I do not want to make any adjustments to fit sport and physical activity into my daily routine (FIX, EXCL.)

ASK ALL

QW16G. Which of these statements best reflects your approach to spending money on sport and physical activity?

Please select one option

SINGLE CODE

1. I rarely or never spend money on it and prefer free or very low-cost activities
2. I spend money on it only when necessary for my health or medical needs (e.g., when it is essential for my wellbeing)
3. I regularly spend money on it because I enjoy it or prioritise it for personal reasons (e.g., social engagement, skill-building, recreation)
4. Cost is not a factor in my decision-making, I participate regardless of the expense
99. None of these, I do not take part in sport or physical activity (FIX, EXCL.)

ASK ALL

QW16H. Which of the following factors, if any, influence whether a sport or physical activity feels “right for you”? By “right for you”, we mean a sport or physical activity that matches your interests, fitness level, lifestyle, and personal preferences.

Please select all that apply

MULTI CODE, RANDOMISE

1. It is popular in my social circles or communities
2. It helps me maintain or improve my health and wellbeing
3. It aligns with expectations set for my gender
4. I see people who look like me or share my background participating in it
5. It is acceptable within my religious or cultural spaces
6. It is linked to career success or social recognition (e.g., prestige or respect from other people)
7. It is convenient and fits into my daily schedule and responsibilities
8. It is accessible and doesn’t require resources I don’t have (e.g., specialised equipment, paid memberships)
96. Other (please specify) (FIX)
99. None of these (FIX, EXCL.)