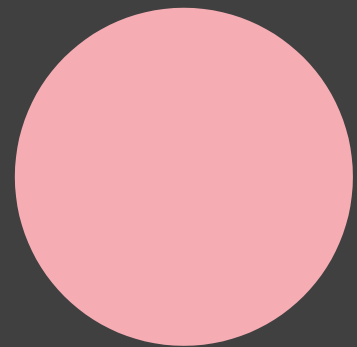
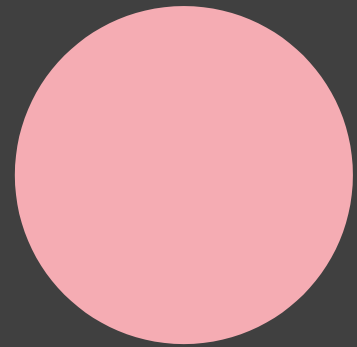


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# Sport England Activity Check In

## Topic Questions

Wave 17 (June 2025)



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Make better decisions

Savanta:

## To be used alongside the Tracker Questionnaire

### ADULT SURVEY (Participants aged 16+)

#### SECTION A: Profiling

ASK ALL

HOUSING/TENURE. Which of these statements best applies to your home?

*If someone else (e.g., your family or partner) owns the property/pays the rent, please select the option which best applies to them.*

SINGLE CODE

1. Own outright
2. Own - buying with a mortgage
3. Part own and part rent (shared ownership)
4. Rent from Local Authority / Housing Association
5. Rent privately
6. Other (e.g., rent free)
97. Don't know
98. Prefer not to say

ASK ALL

VULNERABILITIES. Thinking about the below statements below, which of the following, if any, would you agree with?

Please select all that apply

MULTIPLE CODE, RANDOMISE STATEMENTS

1. I rely on someone else to help me do most things on the computer, like using email or buying things
2. I consistently struggle to make ends meet
3. I experience addiction to substances or behaviours
4. English is not my first language, I struggle to communicate in English much of the time
5. I struggle to make decisions or plan ahead due to my financial situation
6. I am anxious or worried about what the future holds
7. Where I live, it is difficult to access the things to support my basic needs
8. I sometimes experience unfair treatment due to my protected characteristics (race, ethnicity, gender, sexual orientation, etc.)
9. My living conditions sometimes lack safety and stability
99. None of the above (FIX, EXCLUSIVE)
97. Prefer not to answer (FIX, EXCLUSIVE)

### Wave 17 specific questions

#### Section 1

INFO SCREEN

We will now be asking you some questions about how, if at all, you fit conventional sport and physical activity around other priorities in your daily life.

ASK ALL

QW17A. For each of the following time periods, when are you most likely to do sport and physical activity (e.g., going to the gym, going for a run, playing football), if at all?

Please select one option

SINGLE CODE

Answer Options

1. Early morning (4am-8am)
2. Late morning (8am-12pm)

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3. Afternoon (12pm-5pm)
4. Evening (5pm-10pm)
5. Night (10pm-4am)
99. I do not do sport and physical activity during this time period

Statements

- A. Midweek (Monday-Friday)
- B. Weekend (Saturday-Sunday)

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, watching TV)
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

QW17C. This question will show you a list of things you may do in your daily life. What impact, if any, does the following have on your ability to take part in sport and physical activity be active?

Please select one option

SINGLE CODE

Answer Options

1. Significant positive impact
2. Some positive impact
3. No impact
4. Some negative impact
5. Significant negative impact
97. Don't know
99. Not applicable

Statements (RANDOMISE)

- A. Being in work/education (e.g., doing manual tasks such as lifting, taking part in fieldwork, being on your feet as part of work or classes)
- B. Commute to work/education (FIX AFTER STATEMENT A)
- C. Caring for family members (e.g., parents, children, older relatives) or close friends
- D. Doing household tasks (e.g., cleaning, DIY, shopping)
- E. Spending time with friends and family
- F. Volunteering or community activities
- G. Pursuing hobbies/interests
- H. Gardening
- I. Religious activities
- J. Social media, gaming or watching TV/streaming

## Section 2

### INFO SCREEN

We will now ask you some questions about certain things you might be doing in your daily life that involve being physically active in some way. This includes being active outside of conventional sports or physical activity.

### ASK ALL

QW17H. Thinking about your daily life, do you feel that you are physically active as part of any of the following activities?

Please select all that apply

MULTI CODE, RANDOMISE

1. Work (SHOW IF CODE 5-9 @ D6DEMO)
2. Study (SHOW IF D6DEMO = 2 OR D8 = 6)
3. Household tasks (e.g., cleaning, DIY)
4. Gardening
5. Shopping or running errands
6. Exercising pets (e.g., walking the dog)
7. Care responsibilities (e.g., caring for children, elderly relatives) (SHOW IF D8 = 2-3)
96. Other (please specify) (FIX, OE)
97. Don't know (FIX, EXCLUSIVE)
99. None of the above (FIX, EXCLUSIVE)

### ASK IF QW17H CODE 1-96

QW17B. You said that you feel you are physically active as part of your daily life (e.g., [1-7 @ QW17H] work [1 @ QW17H], study [2 @ QW17H], household tasks [3 @ QW17H], gardening [4 @ QW17H], shopping or running errands [5 @ QW17H], exercising pets [6 @ QW17H], care responsibilities [7 @ QW17H]).

For each of the following time periods, when are you most likely to be active as part of your daily life? When answering this question, please think about the daily activity through which you are most active.

Please select one option

SINGLE CODE

Answer Options

1. Early morning (4am-8am)
2. Late morning (8am-12pm)
3. Afternoon (12pm-5pm)
4. Evening (5pm-10pm)
5. Night (10pm-4am)
99. I do not do sport and physical activity during this time period

Statements

- A. Midweek (Monday-Friday)
- B. Weekend (Saturday-Sunday)

### ASK IF CODE 3 @ QW17H

QW17K. In which of the following ways, if any, do you feel you are physically active as part of your carrying out household tasks?

Please select all that apply

MULTI CODE, RANDOMISE

1. Cleaning (e.g., vacuuming, mopping, scrubbing)
2. Cooking or food preparation
3. Doing laundry (e.g., lifting laundry baskets, hanging clothes)
4. DIY or home maintenance (e.g., painting, repairs, assembling furniture)
5. Taking out rubbish or recycling
96. Other (please specify) (FIX, OE)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK IF CODE 3 @ QW17H

QW17L. And to what extent do you agree or disagree with the following statements?

Please select one option

SINGLE CODE

Answer Options

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

Statements (RANDOMISE)

- A. Because I am physically active as part of household tasks, I struggle to be active in my free time
- B. I feel that the physical activity I do as part of household tasks is enough to keep me fit and healthy
- C. I feel able to do sport and physical activity in my free time because household tasks keep me fit and healthy

ASK IFCODE 7 @ QW17H

QW17M. In which of the following ways, if any, do you feel you are physically active as part of your care responsibilities?

Please select all that apply

MULTI CODE, RANDOMISE

1. Lifting, carrying, or supporting the person you care for
2. Assisting with moving or transferring (e.g., helping someone in/out of bed or a wheelchair)
3. Helping with bathing, dressing, or personal care
4. Pushing a wheelchair, pram, or buggy
5. Playing or being active with children or dependents
6. Accompanying someone on walks or outings
7. Doing household tasks for the person(s) you care for
8. Shopping or running errands for the person(s) you care for
96. Other (please specify) (FIX, OE)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK IF CODE 7 @ QW17H

QW17J. And to what extent do you agree or disagree with the following statements?

Please select one option

SINGLE CODE

Answer Options

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

Statements (RANDOMISE)

- A. Because I am physically active as part of my care responsibilities, I struggle to be active in my free time
- B. I feel that the physical activity I do as part of my care responsibilities is enough to keep me fit and healthy
- C. I feel able to do sport and physical activity in my free time because my care responsibilities keep me fit and healthy

ASK IF CODE 1-2 @ QW17H

QW17D. In which of the following ways, if any, do you feel you are physically active as part of your work or study?

Please select all that apply

MULTI CODE, RANDOMISE

1. Being on your feet for extended periods (e.g., lab work, teaching, hospitality or retail work)
2. Travelling between different locations (e.g., buildings, office floors, job/delivery sites) by active means (e.g., walking, cycling) during work/study hours
3. Lifting, carrying, or moving equipment/materials as part of tasks
4. Manual labour (e.g., construction, warehouse work, groundskeeping)
5. Delivering organised sport or physical activity sessions as part of your work/study (e.g., as a personal trainer, coach, referee)
96. Other (please specify) (FIX, OE)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK IF CODE 1-2 @ QW17H

QW17E. And during an average working/studying day, how many hours per day do you typically spend doing the following?

Please select one option

SINGLE CODE

Answer Options

1. Less than 1 hour
2. 1-2 hours
3. 2-4 hours
4. 4-6 hours
5. 6+ hours

Statements

- A. PIPE IN OPTIONS SELECTED @ QW17D (1-5)
- B. Being seated/sedentary

ASK IF CODE 1-2 @ QW17H

QW17F. And to what extent do you agree or disagree with the following statements?

Please select one option

SINGLE CODE

Answer Options

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

Statements (RANDOMISE)

- A. Because I am physically active as part of my work/study, I struggle to be active in my free time
- B. I feel that the physical activity I do at work/as part of my studies is enough to keep me fit and healthy
- C. I feel able to do sport and physical activity in my free time because my work/study keeps me fit and healthy
- D. I feel motivated to do sport and physical activity outside of work/study in my free time
- E. I need to do physical activity in my free time to stay fit for work/study

ASK IF CODE 1-2 @ QW17F/L/J\_1

QW17G. You said that because you are physically active as part of your work/study, [QW17F\_1 CODE 1-2] household tasks, [QW17L\_1 CODE 1-2] care responsibilities, [QW17J\_1 CODE 1-2], you struggle to be active in your free time. Why is this?

Please select all that apply

MULTI CODE, RANDOMISE

1. I feel too tired to do more physical activity
2. I prefer to rest and recover during my free time
3. I don't feel the need to do additional physical activity
4. I worry about overexertion or risk of injury
5. I don't have enough time to do physical activity
6. I want to spend my free time on non-physical activities
7. Physical activity feels less enjoyable afterwards
96. Other (please specify) (FIX, OE)
97. Don't know (FIX, EXCLUSIVE)
99. None of these (FIX, EXCLUSIVE)

ASK ALL

QW17I. In which of the following ways, if any, do you change or adapt your daily tasks or routines to be more physically active?

Please select all that apply

MULTI CODE, RANDOMISE

1. I walk/cycle longer routes on purpose (e.g., getting off public transport earlier, taking a longer route to work/school/shops, parking further away from my destination)
2. I take the stairs instead of lifts or escalators when possible
3. I walk/cycle instead of driving or using public transport for some journeys
4. I park further away from my destination to increase walking
5. I move or walk around during meetings or phone calls
6. I incorporate physical activity into household tasks (e.g., making them more active, doing tasks more briskly)
7. I participate in active breaks at work or study (e.g., stretching, short walks)
96. Other (please specify) (FIX, OE)
97. Don't know (FIX, EXCLUSIVE)
99. I don't adapt my daily tasks or routines to be more physically active (FIX, EXCLUSIVE)