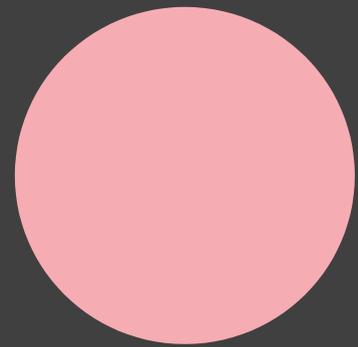
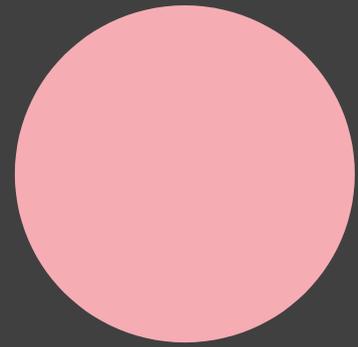

Sport England Activity Check In

Topic Questions

Wave 19 (October 2025)



Make better decisions

Savanta:

To be used alongside the Tracker Questionnaire

ADULT SURVEY (Participants aged 16+)

ASK ALL

QW19A. Which of the following apply to you?

Please select one option

SINGLE CODE

1. I go online as much as I want
2. I go online but want to go online more

ASK ALL

QW19B. Which of the following apply to you?

Please select one option

MULTICODE, RANDOMISE

1. I own or have regular access to a device (i.e. laptop, tablet, mobile phone) that meets/could meet my online needs (ACCESS BARRIER)
2. I own or have regular access to a mobile internet connection that meets my online needs (ACCESS BARRIER)
3. I own or have regular access to a broadband internet connection that meets my online needs (ACCESS BARRIER)
4. I have the knowledge and skills to do most things I need to online (SKILLS BARRIER)
5. I am confident to do most things I need to online (SKILLS BARRIER)
6. I depend on others to do things for me online (SUPPORT VULN.)
99. None of these apply to me (FIX, EXCLUSIVE)

ASK ALL

QW19C. Which of the following apply to you?

Please select one option

MULTICODE, RANDOMISE

1. If I needed help to do things online I would know how to get support
2. I am worried about being safe online
3. I couldn't afford to repair/replace a device (i.e. laptop, tablet, mobile phone) if it broke (FINANCE VULN.)
4. I am struggling to afford a mobile internet connection (FINANCE VULN.)
5. I am struggling to afford a broadband internet connection (FINANCE VULN.)
6. I solely depend on public computers to do things online (SUPPORT VULN.)
7. I solely depend on Wifi outside of home to do things online (SUPPORT VULN.)
99. None of these apply to me (FIX, EXCLUSIVE)

SECTION W19: Digital Exclusion

INFO SCREEN:

Thank you for your answers so far. We will now ask you some questions about digital tools that you may use if/when you take part in sport and physical activity.

When we talk about digital tools, we mean things like:

- Wearable devices (e.g., Fitbit, Garmin, Apple Watch)
- Fitness apps/trackers (e.g., Strava, ClassPass, OpenPlay)
- Online booking platforms (e.g., ClassPass, Mindbody, local council websites)
- Social media (e.g., Facebook, Instagram, YouTube)

ASK ALL

QW19D. How often, if at all, do you use digital tools to do each of the following?

Please select one option for each answer

SINGLE CODE

CAROUSEL

1. Every day
2. Several times a week
3. Once a week
4. A few times a month
5. Occasionally (less than a few times a month)
6. Never

Statements

- A. Find information about sport and physical activity
- B. Book sport and physical activity
- C. Take part in sport and physical activity

ASK IF QW19D_1/2 = 1-5

QW19E. Which of the following digital tools do you currently use to help you with...

Please select all that apply

MULTICODE, RANDOMISE

CAROUSEL

1. Booking platforms (e.g., ClassPass, Mindbody)
2. Booking/fitness apps (e.g., OpenPlay, Playfinder, Nike Training Club)
3. Gym or studio websites
4. Social media platforms/groups (e.g., Facebook, Instagram)
5. Local authority or council websites
6. Sports club membership portals
7. Search engines (e.g., Google, Bing)
8. AI platforms (e.g., ChatGPT, Perplexity, Gemini)
96. Other (please specify) (OE, FIX)
99. None of these (FIX, EXCLUSIVE)

Statements

- A. Booking sport and physical activity (ONLY SHOW IF CODE 1-5 @ QW19D_2)
- B. Finding information about sport and physical activity (ONLY SHOW IF CODE 1-5 @ QW19D_1)

ASK IF QW19D_3 = 1-5

QW19F. Which of the following digital tools do you currently use to take part in sport and physical activity?

Please select all that apply

MULTICODE, RANDOMISE

1. Virtual workout platforms, apps or equipment (e.g., Peloton, Zwift)
2. Wearable devices (e.g., Fitbit, Garmin, Apple Watch)
3. Fitness apps/trackers (e.g., Strava, MyFitnessPal, Apple Fitness+)
4. Personal trainer or coaching apps (e.g., Nike Training Club, Trainiac, Freeletics)
5. Social media (e.g., sport/fitness challenges, guided fitness sessions on YouTube)

- 96. Other (please specify) (OE, FIX)
- 99. None of these (FIX, EXCLUSIVE)

ASK IF QW19D_1/2/3 = 1-5

QW19G. What impact, if any, does using digital tools have on your overall physical activity levels?

Please select one option

SINGLE CODE

- 1. Significant positive impact
- 2. Somewhat positive impact
- 3. No impact
- 4. Somewhat negative impact
- 5. Significant negative impact
- 97. Don't know

ASK IF QW19G=1-2

QW19H. In which of the following ways, if any, do digital tools have a positive impact on your overall sport and physical activity levels?

Please select all that apply

MULTICODE, RANDOMISE

- 1. Encourage me to try new types of activities
- 2. Enable me to do more sport or physical activity at home (e.g., virtual classes, online workouts)
- 3. Enable me to do more activities outdoors
- 4. Increase the frequency or consistency of my physical activity
- 5. Make it easier to find and book activities or facilities
- 6. Provide access to personalised training and guidance
- 7. Increase the variety of activities I do
- 8. Increase the intensity of my physical activity
- 9. Motivate me to do more physical activity
- 10. Enable me to do more activities at new facilities (e.g., gym, swimming pool, running track)
- 11. Increase the effectiveness of my physical activity
- 96. Other (please specify) (OE, FIX)
- 99. None of these (FIX, EXCLUSIVE)

ASK IF QW19G=4-5

QW19I. In which of the following ways, if any, do digital tools have a negative impact on your overall sport and physical activity levels?

Please select all that apply

MULTICODE, RANDOMISE

- 1. Create anxiety about performance or missing goals
- 2. Reduce my enjoyment of sport and physical activity (e.g., pressure to track/share activity)
- 3. Reduce my motivation to be physically active (e.g., if progress isn't as expected)
- 4. Lead me to compare myself negatively with others (e.g., seeing other people's stats or photos)
- 5. Lead me to spend more time exercising at home than other settings (e.g., the gym, outdoors)
- 6. Lead me to do lower intensity or less challenging workouts
- 7. Lead to overtraining or injury (e.g., pushing too hard to meet app/device targets, following inappropriate programmes)
- 8. Cause confusion or difficulty in choosing activities
- 9. Make participation feel less social (e.g., fewer in-person interactions, group activities)
- 10. Too complicated or unreliable (e.g., tech issues, difficult to use)
- 11. Cause information overload (e.g., too many stats, notifications, or advice)

- 12. Cause distractions during workouts (e.g., checking notifications or social media)
- 96. Other (please specify) [OE, FIX]
- 99. None of these [FIX, EXCLUSIVE]

ASK ALL

QW19J. How important, if at all, are each of the following in enabling you to engage in sport and physical activity as much as you want to?

When we refer to “digital devices/technology”, we mean things like smartphones, laptops, tablets, or wearable devices (e.g., Fitbit, Garmin, Apple Watch).

Please select all that apply

SINGLE CODE

CAROUSEL

- 1. Very important
- 2. Somewhat important
- 3. Neither important nor unimportant
- 4. Not very important
- 5. Not at all important
- 97. Don't know

Statements

- A. Having access to digital devices/technology and reliable internet
- B. My confidence using digital devices/technology and the internet
- C. Feeling safe when using digital devices/technology and the internet

ASK IF QW19J = CODE 1-2 ANY STATEMENT

QW19K. You said that the following is important in enabling you to engage in sport and physical activity as much as you want to. In which of the following ways, if any, does this impact the way you engage in sport and physical activity?

Please select one answer only

MULTICODE, RANDOMISE

CAROUSEL

- 1. The frequency I engage in physical activity
- 2. The intensity of the physical activity I undertake
- 3. The type of physical activity I undertake
- 4. The setting in which I undertake physical activity
- 99. None of these

Statements (PIPE IN FROM QW19J IF CODE 1-2)

- A. Having access to digital devices/technology and reliable internet
- B. My confidence using digital devices/technology and the internet
- C. Feeling safe when using digital devices/technology and the internet

ASK ALL

QW19L. Thinking about the past 3 years, would you say that your confidence using digital devices/technology and the internet has improved or worsened?

Please select one option

SINGLE CODE

- 1. Significantly improved
- 2. Slightly improved
- 3. Neither improved not worsened
- 4. Slightly worsened
- 5. Significantly worsened
- 97. Don't know

ASK IF QW19L=1-2, 4-5

QW19M. You said your ability to use digital devices/technology and the internet has improved [QW19L = 1-2] worsened [QW19L = 4-5] over the past 3 years. What impact, if any, has this change had on your overall physical activity levels?

Please select one option

SINGLE CODE

1. Significant positive impact
2. Somewhat positive impact
3. No impact
4. Somewhat negative impact
5. Significant negative impact
99. I have not been active in the past 3 years
97. Don't know

ASK IF QW19M=1-2, 4-5

QW19N. And in which of the following ways, if any, do you feel this change in your ability to use digital devices/technology and the internet has impacted your engagement with sport and physical activity?

Please select all that apply

MULTICODE

1. The frequency I engage in physical activity
2. The intensity of the physical activity I undertake
3. The type of physical activity I undertake
4. The setting in which I undertake physical activity
5. I have stopped being physically active as a result
96. Other (please specify) (FIX, OE)
99. No impact (FIX, EXCLUSIVE)