



Name: _____

Date: _____

Height (optional): _____ in.

Weight(optional): _____ lbs.

Age: _____

Participant Survey

Thank you for participating in an Active RVA Warriors fitness class! We'd love to hear from you. Please take a moment to answer the questions below. Return the completed survey to your fitness instructor.

Physical Activity

1 – How many minutes per week are you currently physically active?

- 0-30minutes/week 60-90 minutes/week 120-150 minutes/week
 30-60minutes/week 90-120minutes/week 150+ minutes/week

2 – What are the activities or hobbies that you do to be active each week (dance, basketball, walking, warrior classes, or any others)?

General Health

3 – What, if any, changes have you noticed in your health since joining the Active RVA Warriors classes (check all that apply)?

- Weight loss Improved flexibility Reduced medication
 Increased energy/mood Greater endurance Other:

4 – Tell us more about the improvements you've seen to your health or fitness. What changes have you noticed and what impact have they have had?

Program Satisfaction

5 – How did you hear about the Active RVA Warriors' classes?

- Word of mouth Friend/Co-worker Place of worship Media Ad Internet
 Other:

6 - Please rate your overall satisfaction with the Active RVA Warriors program.

- Very satisfied Satisfied Dissatisfied Very dissatisfied

(Continued on reverse page)

7 -Tell us more about your rating of the Warriors program:

8 – Would you recommend the Active RVA Warriors classes to a friend?

9 – How would you rate your Warrior instructor?

Excellent Good Satisfactory Fair Poor

10 – How convenient are class times?

Very convenient Somewhat inconvenient
 Somewhat convenient Inconvenient

11 – How convenient is the class location?

Very convenient Somewhat inconvenient
 Somewhat convenient Inconvenient

12 – What, if anything, could be changed to make Warrior classes more convenient?

Overall Impression

13 - What has kept you motivated in the Active RVA Warriors fitness classes (Please check all that apply)?

Location Instructors Health conditions
 It's free Participants Other:

14 - What stands out to you as a high point in your participation in the Active RVA Warrior fitness classes?

15 – Anything else you'd like to share? Comments, stories, questions or suggestions.

Thank you for your participation!