



Go Feet First

Dear Resident,

We are interested to know a little about your current walking habits and would appreciate if one or two people in your household could complete the very short survey(s) found overleaf.

Please then post the survey(s) back to us **no later than the 19th October** in the freepost envelope provided.

The first 10 envelopes returned to us will each be sent £10 worth of outdoor clothing vouchers.

If you want more copies of the survey for other members of your household or friends, you will find it on the Go Barrhead website www.gobarrhead.co.uk

Thanks

Go Barrhead Team

Go Feet First Baseline Survey

Name

Address

Postcode

Tel

Email

Are you: Male Female

Age 15-24 25-34 35-44 45-59 60 or over

1. Which of the following statements best describes you?

Regular walker (e.g. 30mins every day or more) Occasional walker (e.g. less than 30mins each day) Only walk when I need to I am unable to walk (go to Q 4)

2. Where do you walk to/from on an average week day?

3. During an average day, approximately how many minutes do you spend walking for the reasons below:

Walking during a commute to work	<input type="text"/> Minutes	<input type="text"/> Not applicable to me
Walking for leisure	<input type="text"/> Minutes	<input type="text"/> Not applicable to me
Walking for other utility trips (e.g.to the shops / library / doctors)	<input type="text"/> Minutes	<input type="text"/> Not applicable to me
Walking a dog	<input type="text"/> Minutes	<input type="text"/> Not applicable to me

4. During an average day, approximately how long do you spend travelling:

By car	<input type="text"/> Hours	<input type="text"/> Mins
By public transport (train / bus)	<input type="text"/> Hours	<input type="text"/> Mins

5. What would encourage you to walk more?

6. Do you attend a walking group? If Yes please state which one below

Thanks for completing this survey, we are interested to hear your views.
Don't forget to send it back to us using the freepost envelope provided!

