

【Data Collection – Pattern of Exercising Habits】

Name : _____

Charter Signee's No. _____

Please answer the following questions again to see if there is a change in your pattern of exercising habits :

- 1) Do you have the habit of doing exercise now? (The exercises include: walking, dancing, Tai Chi, badminton, etc.)
 Yes No (Please go to Question 6)
- 2) On average, how much time do you spend on exercise on each occasion?
 less than 30 minutes 30 minutes 1-2 hour(s)
 more than 2 hours Others
- 3) How many times do you do exercise per week?
 1 time or less 2-3 times 4-5 times 5 times or above
- 4) What is your reason for doing exercise?
 for the sake of health can lose weight/improve the body figure
 can reduce pressure as a kind of social activity
 as a kind of leisure activity required by work/school
 Others (Please specify: _____)
- 5) When doing exercise, the pattern you prefer is:
Number of Persons : by yourself 2-4 persons
 more than 4 persons no preference
Venue : indoor sports centre outdoor activities no preference
Time : before work/school lunch hours after work/school
 holidays not regular
Types : individual activities dancing and physical fitness
 athletics and swimming team activities
 outdoor and water activities no preference

- 6) The reason why you do not do exercise is:
 no time toilsome/lazy no interest no companion
 too tired after work/school too expensive
 Others (Please specify: _____)
- 7) Do you believe that the “Exercise Appointments” can effectively raise your interest in doing exercise?
 effective ordinary not effective no comment
- 8) Are you satisfied with the activities organised under the “Exercise Diary” this time?
 satisfied ordinary not satisfied no comment

Remarks : Duplicated submission will not be entertained.