

Signee's number: _____ 【For staff's use only】

【Registration Form for Charter Signee】

After completing Parts A, B and C of this form, please return it by using one of the following methods:

- bring along the pamphlet and return the registration form in person to any DLSO under the LCSD; or
- send the registration form by post to us together with a self-stamped envelope (Address: The Major Events Section, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin; please state "My Exercise Diary" on the envelope).

Part A: Exercise Charter

【Exercise Charter】
<p>I _____, pledge to do exercise for 30 minutes daily from today onwards so as to integrate exercise into my life and share the pleasure of doing exercise with my family and friends.</p> <p style="text-align: right;">Signature: _____</p> <p style="text-align: right;">Date: _____</p>

Part B : Personal Particulars

Name: _____ (in Chinese) _____ (in English)

Sex: Male Female

Age : 6 or below 7-12 13-19 20-59 60 or over

Contact telephone number: _____ E-mail: _____

Fax: _____ Address: _____

Points to Note regarding the Personal Data (Privacy) Ordinance(Chapter 486):*The personal data provided by you will only be used for the purposes of enrolment, compilation of statistics and future correspondence relation to the activities.*After submission of the enrolment form, please contact the staff of the Major Events Section of this department at 2601 8809 if you want to correct or access your personal data collected by means of the form. *The provision of your personal data in this form is obligatory. If you do not provided sufficient personal data, your application will not be entertained. *The personal data provided by you will be destroyed within one year after the event.

Part C: Data Collection – “Pattern of Exercising Habits” (to be completed before signing the Charter)

【For participants who are aged 12 or above, please complete this part.】

Please answer the following questions to find out your present pattern of exercising habit:

- 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)
- 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
- How many times do you do exercise per week?
 1 time or below 2-3 times 4-5 times 5 times or above
- 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: _____)
- When doing exercise, the pattern you prefer is:
 Number of Persons: only 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
- 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: _____)
- Through what channel did you learn about “My Exercise Diary”?
 friend(s) LCSD's website LCSD's venues
 poster/banner radio/TV