Draft

Exercise Habits Survey:

This survey will be anonymous

Please answer all questions...

1 **What is your full name?** _____

2 **Which class are you in?** _____

3 **Government health advisors recommend that children in primary school should ideally be "active" (that's moderate to vigourous exercise) for 1 hour every day. Tick the box that describes your normal activity levels?**

I am typically active for **more** than one hour per day..... ☐

I am typically active for **about** one hour per day..... ☐

I am typically active for **less than** one hour per day..... ☐

4 **We'd like to know which sports you are involved with. Please tick the sports you play regularly...**

Camogie/ Hurling ..... ☐

Soccer..... ☐

Gaelic Football..... ☐

5 **We'd like to investigate how much people enjoy exercising. Please describe how exercise makes you feel.**

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