

Incentivised Physical Activity in Workplaces (IPAWs) Survey

Tell us about you

In this section we want to find out a bit about who you are.

1. In what year were you born?

2. What is your home postcode?

3. What is your gender?

Please choose one of the following:

Male

Female

Other. Please specify: _____

4. How would you describe your cultural or ethnic background?

Please choose one of the following:

White Scottish

Other white British. Please specify: _____

Other. Please specify: _____

5. What is the highest qualification that you have ever COMPLETED?

Please choose one of the following:

No formal qualification after school

Trade, technical certificate, apprenticeship or diploma

University degree or higher

Tell us about your job

In this section we want to find out a bit about your work and job.

6. Which of the following best describes your current employment situation?

Please choose one of the following:

- Employed full time
- Employed part time
- Zero hours contract
- Other. Please specify: _____

7. How many hours did you work in the last 7 days?

_____ HRS

8. During the last 7 days, how many days were you at work?

_____ DAYS

9. How would you describe your typical work day in the last 7 days?

This involves only your work day, and **DOES NOT INCLUDE** travel to and from work, or what you did in your leisure time.

Please indicate the percentage of time in each of the following:

A.	Sitting (including driving – but not too and from work)	_____	%
B.	Standing	_____	%
C.	Walking	_____	%
D.	Heavy labor or physically demanding tasks	_____	%

These should total 100%

10. In the past 7 days, how much time have you spent doing physical activity which was enough to raise your breathing rate?

This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places, but **DOES NOT INCLUDE** housework or activity as part of your job.

_____ HRS

11. What is your office layout?

Please choose one of the following:

Open plan

Own office

Other. Please specify: _____

12. Would you describe yourself as having flexible working hours?

Please choose one of the following:

Yes

No

13. Do you have any line management responsibilities?

Please choose one of the following:

Yes

No

This is the end of the survey, thank you for participating!