

# Employee interest survey – walking

To help us gauge your interest in getting healthier through walking, please answer these questions.

<input checked="" type="checkbox"/>	When would you prefer to walk for exercise?		
<input type="radio"/>	Before work	<input type="radio"/>	Midmorning
<input type="radio"/>	Lunchtime	<input type="radio"/>	Late afternoon
<input type="radio"/>	After work		

<input checked="" type="checkbox"/>	What is your preferred maximum time for walking for exercise?		
<input type="radio"/>	10 minutes	<input type="radio"/>	30 minutes
<input type="radio"/>	60 minutes	<input type="radio"/>	60+ minutes

<input checked="" type="checkbox"/>	How would you describe your walking style?		
<input type="radio"/>	Power walker (fast paced)	<input type="radio"/>	Stroller (slower, easy stride)

<input checked="" type="checkbox"/>	What helps you feel good while walking? (Check all that apply.)		
<input type="radio"/>	Pedometer (I want to count my steps)	<input type="radio"/>	Music (I walk to the rhythm)
<input type="radio"/>	Conversation with a friend	<input type="radio"/>	An interesting environment

<input checked="" type="checkbox"/>	What is preventing you from walking 30 minutes a day, 5 days a week? (Check all that apply.)		
<input type="radio"/>	Nothing; I'm already doing it	<input type="radio"/>	Lack of time
<input type="radio"/>	Lack of motivation or interest	<input type="radio"/>	Lack of a safe place to walk
<input type="radio"/>	[Other - Click to add]		