

Physical Activity Module

Big Lottery Fund Well-being Evaluation

This section includes a few extra questions around physical activity.

- 1) The current **government** recommendation is that everyone does **at least 30 minutes of moderate physical activity 5 times a week or 20 minutes of vigorous activity 3 times a week** .

Look back at your answers to questions 5 to 8 in the core questionnaire.

Are you currently meeting this recommendation? *(please tick one box)*

Yes No Don't Know

- 2) **If the answer is “no” or “don't know”, please indicate how much you agree with each of the following statements regarding personally achieving the recommendation:** *(please circle one number for each row)*

		Strongly Disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree
a)	I would like to achieve it.	1	2	3	4	5
b)	I am planning to achieve it within the next month	1	2	3	4	5
c)	I am confident that I can achieve it.	1	2	3	4	5
d)	It is entirely up to me whether I achieve it.	1	2	3	4	5
e)	Where I live, and with my lifestyle, it isn't easy to achieve.	1	2	3	4	5