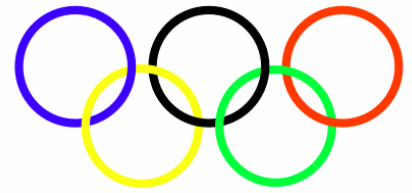


QUESTIONNAIRE



Question 4: How long do you exercise a week?

Less than an hour

An Hour

Two Hours

Three Hours

More than Three hours

Question 5: What Sports do you participate in?

Football

Netball

Basketball

Hockey

Swimming

Rugby

Martial Arts

Other

Question 6: Have you (In the last Month) participated in exercise that is not a sport, such as jogging, walking, trampolining, dancing etc?

Yes

No

Question 7: How often to do you try a new sport?

Less than Monthly

Monthly

Yearly

More than Yearly

When these questions are completed, please return the questionnaire to James McGregor, where your results will be analyzed and returned to you. Thank you very much for your time.



small steps 4 life