



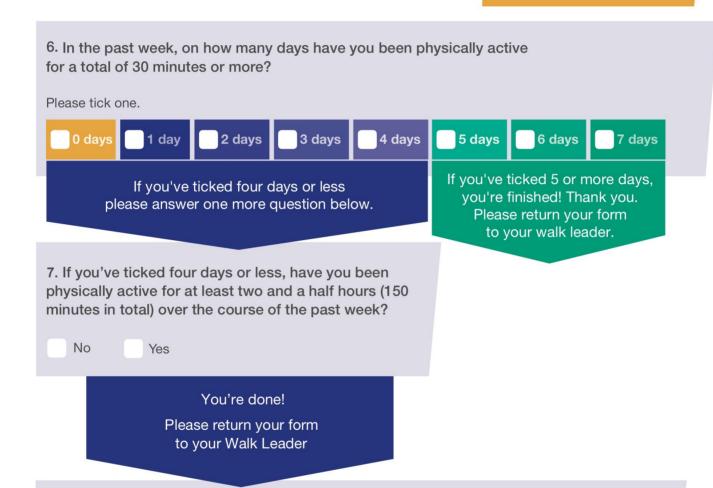
| First name  | Last nam  | ne   |  |
|---|---|--|--|
| Address   |   |  |  |
| Town/City   | Postcode  | le   |  |
| Telephone   | E-mail  |  |  |
| What's the name of the walking project you're joining?  |   | We'd like to email you at months to find out how you walking is going.             |  |
| Today's date  |   |  |  |
| 1. What are your main reasons for attending Health Walks? Please tick all that apply.   | Manage weight  Meet new people  To feel healthier  Opportunity to volunteer               | Prefer walking to other forms of exercise Other reason for attending Health Walks: |  |
| 2. How did you find out about Health Walks? Please tick all that apply.   | GP Other health professional Family / Friends Leaflet Facebook                            | Poster Local newspaper Other, please specify:                                      |  |
| 3. Have you been diagnosed by your doctor or health professional with any of the following conditions?  Please tick all that apply. | Diabetes Heart disease Mental ill health Overweight Chronic obstructive pulmonary disease | High blood pressure Cancer Dementia Other long term condition                      |  |

| 4. Are you | Male            | 5. What is your               | 16 - 24 | 35 - 44 | 55 - 64 | 75+ |
|------------|-----------------|-------------------------------|---------|---------|---------|-----|
|            | Female<br>Other | current age? Please tick one. | 25 - 34 | 45 - 54 | 65 - 74 |     |

## How active are you usually?

This will help us understand the difference walking can make.

Include anything that makes you breathe deeper, your heart beat a little faster and makes you feel warmer.



Paths for All stores and processes this information in order to evaluate the programme and to communicate with you about resources and topics that may interest you. We will share your information with other organisations solely for the purpose of evaluating the programme. For more information on how we store, process and keep your information secure, please see the Privacy Statement in our website Terms and Conditions www.pathsforall.org.uk

