

**Please answer the following questions in terms of workout habits.**

1) On the average, how many times per week do you exercise or workout?

- Less than once a week
- 1 time a week
- 2 to 4 times a week
- 5 to 6 times a week
- 7 times a week or more

2) How much time do you spend per exercise (workout) session?

- 30 minutes or less    31-45 minutes    46-60 minutes    More than 60 minutes

3) For each of the following statements, indicate your level of agreement or disagreement by placing an X in the open box that most closely represents your feelings.

- I am pleased with my current workout facility. .... Strongly Disagree  Strongly Agree
- Advertising does not influence my decision on where to exercise..... Strongly Disagree  Strongly Agree
- I prefer to workout with a partner..... Strongly Disagree  Strongly Agree
- I prefer to workout with a personal trainer ..... Strongly Disagree  Strongly Agree
- I prefer to workout with other students..... Strongly Disagree  Strongly Agree
- I like working out. .... Strongly Disagree  Strongly Agree
- It is important for the workout facility to belong to a national chain... Strongly Disagree  Strongly Agree
- Quality of group exercise classes is important to me in a facility..... Strongly Disagree  Strongly Agree
- The location of the workout facility is important in where I exercise.. Strongly Disagree  Strongly Agree
- I prefer exercising at high quality workout facilities. .... Strongly Disagree  Strongly Agree

4) Divide 100 points among the following exercises you are most likely to perform. Distribute the 100 points giving the exercises you perform most often a greater number of points, and the exercises you perform least often a lower number of points. If you are twice as likely to perform one exercise over another, it should receive twice as many points. It is possible to assign zero points to an exercise or activity that you are not at all likely to perform. Please double-check and make certain that your point allocations add up to 100.

- Running
- Walking
- Weight Training
- Group Exercise class (Aerobics, Jazzercise, Dance, Yoga, Tai Chi, etc.)
- Swimming
- 100 Total**

5) Are you a member of a health club?  
 Yes  No (*If you answered no, please skip to question #7.*)

6) What is the primary reason why you joined a health club? (*Please list one reason only.*)

**Please provide the following demographic information about yourself.**

7) Your gender is:  Female  Male

8) Your age is:  18-19  20-22  23+

9) What is your personal annual income (*do not count grants, scholarships or financial aid*):  
 Less than \$5000  \$5,000-9,999  \$10,000-19,999  \$20,000+

**Thank you very much for your time and cooperation.**