

Your Physical Activity

1. How much time over the past 7 days did you spend doing the following?

	Hours	Minutes
Walking		
Riding a Bike		
Other physical activity (e.g. swimming, dance, aerobics, running etc)		

Your Wellbeing

2. Below are some questions about your feelings on aspects of your life. There are no right or wrong answers. For each of the questions please give an answer on a scale of 0 to 10, where 0 is 'not at all' and 10 is 'completely'.

Overall, how satisfied are you with your life nowadays?	
Overall, to what extent do you feel that the things you do in your life are worthwhile?	
Overall, how happy did you feel yesterday?	
Overall, how anxious did you feel yesterday?	

Your Travel Behaviour

3. What statement best describes your cycling experience since borrowing the bike?

- I am new to riding a bike

 I have just started to ride a bike again

 I occasionally ride a bike
 I am experienced but only occasionally ride a bike

 I am experienced and regularly ride a bike

4. In a typical week, how many individual trips do you make by these means of transport? A trip is a single one-way journey (if none, please write '0').

	Travel to/from work		All other trips (e.g. leisure or exercise)
	Trips under 5 miles	Trips over 5 miles	
Riding a Bike			
Walking			
Car (alone)			
Car with others			
Bus			
Train			
Other 1: _____			
Other 2: _____			

5. In a typical week whilst borrowing the bike, how much do you spend on travel:

- 0-£5

 £10-£15

 £15-20
 £20-£25

 £25-30

 More than £30



By completing this form, you agree to your information being used to demonstrate the impact projects have and influence future funding bids, both at a local and national level. Your information will be stored securely by Sustrans' Research and Monitoring Unit according to the Data Protection Act 1998.

6. If your opinion of Active Travel (cycling or walking) has changed since borrowing the bike, please can you specify in what way it has changed?

7. How long did you borrow the bike for?

- | | | | | | |
|------------------------------|--------------------------|-------------------------------|--------------------------|--------------------|--------------------------|
| Less than 1 week | <input type="checkbox"/> | 1 week to 2 weeks | <input type="checkbox"/> | 2 weeks to 1 month | <input type="checkbox"/> |
| Between 1 month and 3 months | <input type="checkbox"/> | Between 3 months and 6 months | <input type="checkbox"/> | More than 6 months | <input type="checkbox"/> |

8. What journeys did you use the bike for?

- | | | | | | |
|-----------|--------------------------|-----------------------------|--------------------------|-----------|--------------------------|
| Commuting | <input type="checkbox"/> | Recreation | <input type="checkbox"/> | Education | <input type="checkbox"/> |
| Shopping | <input type="checkbox"/> | Visiting friends and family | <input type="checkbox"/> | Other | _____ |

9. What is the average distance you travelled on the bike on a weekly basis? miles

About You

The following details are helpful for us to capture the impact of the Ayrshire Active Travel Hub, an essential part of being accountable to the funders who support this work.

Name	Post code		
Telephone	Date		
Email			
Age			
16-20 <input type="checkbox"/>	21-24 <input type="checkbox"/>	25-29 <input type="checkbox"/>	30-34 <input type="checkbox"/>
35-44 <input type="checkbox"/>	45-54 <input type="checkbox"/>	55-59 <input type="checkbox"/>	60+ <input type="checkbox"/>
Prefer not to say <input type="checkbox"/>			

Gender

- Female Male I identify in a different way Prefer not to say

Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last at least 12 months? (Please select one choice only)

- Yes, limited a lot Yes, limited a little No Prefer not to say

Ethnicity

- | | | | |
|-------------------------------------------------|-------------------------------------------------|---------------------------------------------|---------------------------------------------|
| Asian or Asian British <input type="checkbox"/> | Black or Black British <input type="checkbox"/> | Mixed ethnic group <input type="checkbox"/> | Other ethnic group <input type="checkbox"/> |
| White British <input type="checkbox"/> | White non British <input type="checkbox"/> | Prefer Not to Say <input type="checkbox"/> | |

Thank you for taking part in this survey!

To help us further assess the impacts of the project we would like to keep in touch, inviting you to provide further feedback related to this project. Please tick this box if you **do not** wish to be contacted.



By completing this form, you agree to your information being used to demonstrate the impact projects have and influence future funding bids, both at a local and national level. Your information will be stored securely by Sustrans' Research and Monitoring Unit according to the Data Protection Act 1998.