

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?

- 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, how much do you spend on travel?

0-£5	<input type="checkbox"/>	£10-£15	<input type="checkbox"/>	£15-20	<input type="checkbox"/>
£20-£25	<input type="checkbox"/>	£25-30	<input type="checkbox"/>	More than £30	<input type="checkbox"/>



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. To what extent do you agree that the following factors influence your choice of travel mode?

	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
Weather	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lack of showers/ changing facilities at my destination	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bicycle parking facilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cost	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Distance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Don't own a bike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal fitness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other...					

About You

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

Name

Post code

Telephone

Date

Email

Age

- 16-20 21-24 25-29 30-34
 35-44 45-54 55-59 60+
 Prefer not to say

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 Black or Black British Mixed ethnic group Other ethnic group
 White British White non British Prefer Not to Say

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.