

Behavioral survey

Answer for what you actually did in the time each question names. Rough numbers are fine.

Group

Date

1 In the past 7 days, did you walk or cycle for 10 minutes or more to get somewhere?

☐ Yes ☐ No

2 On how many of the past 7 days did you eat breakfast?

☐ None ☐ 1 or 2 ☐ 3 or 4 ☐ 5 or 6 ☐ All 7

3 In the past 30 days, how many times did you buy a meal out or by delivery? Write a number.

4 Yesterday, about how long did you spend on social media apps?

☐ None ☐ Under 30 minutes ☐ 30 to 60 minutes ☐ 1 to 2 hours ☐ Over 2 hours

5 When did you last talk with a neighbor for more than a few minutes?

☐ In the past week ☐ 1 to 4 weeks ago ☐ 1 to 6 months ago ☐ Over 6 months ago ☐ Cannot recall

6 Over the last year, which of these did you do? (tick all that apply)

☐ Volunteered ☐ Gave to a charity ☐ Contacted an official ☐ Went to a public meeting ☐ None

7 Many people miss a due date now and then. Did you pay any bill late in the past 12 months?

☐ No ☐ Yes, once ☐ Yes, more than once ☐ Prefer not to say

8 Think of your last online purchase over \$50. Which of these did you do before paying? (tick all that apply)

☐ Read reviews ☐ Compared prices ☐ Looked for a discount ☐ Waited a day ☐ None

9 Which statement best describes you and setting money aside each month?

☐ Not planning to ☐ Plan to within 6 months ☐ Plan to next month ☐ Started in past 6 months
☐ Doing it over 6 months

10 Describe the last time you changed a habit on purpose. What did you change, and what helped you stick with it?

Optional questions (1 of 4)

Add any of these to the core questions. Keep the numbering running on from page one.

Money and shopping

11 In the past 30 days, how many times did you buy something you had not planned to buy?

- ☐ None ☐ 1 or 2 ☐ 3 to 5 ☐ 6 to 10 ☐ More than 10

12 When did you last compare prices at two or more stores before buying something?

- ☐ In the past week ☐ 1 to 4 weeks ago ☐ 1 to 6 months ago ☐ Over 6 months ago ☐ Never

13 Where did you buy groceries in the past 30 days? (tick all that apply)

- ☐ Supermarket ☐ Discount store ☐ Online with delivery ☐ Local market or small shop
☐ Warehouse club ☐ Somewhere else

14 In the past 30 days, did you return anything you bought?

- ☐ No ☐ Yes, to a store ☐ Yes, by mail ☐ Yes, both ways

15 In the past 30 days, how did you pay for most of your purchases?

- ☐ Debit card ☐ Credit card ☐ Phone or digital wallet ☐ Cash ☐ Buy now, pay later

Work and study habits (people who work or study answer)

16 How do you usually get to work or school?

- ☐ Car, alone ☐ Car, with others ☐ Bus, train or tram ☐ Walk or bike ☐ I work or study from home

17 On how many of your last 5 working days did you take a break of 20 minutes or more away from your work?

- ☐ None ☐ 1 ☐ 2 or 3 ☐ 4 ☐ All 5

18 In the past month, how many times did you ask someone for feedback on your work?

- ☐ None ☐ Once ☐ 2 or 3 times ☐ 4 or more times

19 Last week, how many hours did you work or study outside your scheduled hours?

- ☐ None ☐ Under 2 hours ☐ 2 to 5 hours ☐ 6 to 10 hours ☐ More than 10 hours

Optional questions (2 of 4)

Add any of these to the core questions. Keep the numbering running on from page one.

Work and study habits (people who work or study answer) (continued)

20 When did you last learn a new skill or tool for your work or studies?

- ☐ In the past month ☐ 1 to 6 months ago ☐ 6 to 12 months ago ☐ Over a year ago
☐ Cannot remember

21 Which of these did you do in your last working week? (tick all that apply)

- ☐ Helped a colleague with their work ☐ Shared an idea in a meeting ☐ Raised a problem with a manager
☐ Started something new ☐ None of these

Health and safety habits

22 In the past 30 days, when you rode in a car, how many of those trips did you wear a seat belt?

- ☐ Every trip ☐ Most trips ☐ About half ☐ Fewer than half ☐ None ☐ I did not ride in a car

23 In the past 30 days, did you read or send a text message while driving?

- ☐ I did not drive ☐ No ☐ Yes, once or twice ☐ Yes, 3 times or more

24 When did you last visit a dentist?

- ☐ In the past 6 months ☐ 6 to 12 months ago ☐ 1 to 2 years ago ☐ More than 2 years ago ☐ Never

25 The last time you spent an hour or more outdoors on a sunny day, did you use sunscreen?

- ☐ Yes, and I put more on later ☐ Yes, once ☐ No ☐ Cannot remember

Phone and online habits

26 How many of your email, banking and shopping accounts use two-step sign-in, such as a code or an app as well as a password?

- ☐ All of them ☐ More than half ☐ Fewer than half ☐ None ☐ Not sure

27 When did you last back up the photos and files on your phone?

- ☐ In the past week ☐ 1 to 4 weeks ago ☐ 1 to 6 months ago ☐ Over 6 months ago ☐ Never
☐ Not sure

Optional questions (3 of 4)

Add any of these to the core questions. Keep the numbering running on from page one.

Phone and online habits (continued)

28 This morning, how long after waking did you first check your phone?

- ☐ Within 5 minutes ☐ 5 to 30 minutes ☐ 30 to 60 minutes ☐ Over an hour
☐ I have not checked it yet

29 Which of these did you do online in the past 7 days? (tick all that apply)

- ☐ Posted on social media ☐ Commented on a post ☐ Bought something
☐ Watched a video over 20 minutes ☐ Read a news article ☐ None of these

Community and civic life

30 Which of these best describes you and the most recent local election where you live?

- ☐ I did not vote in it ☐ I thought about voting but did not ☐ I usually vote but did not this time
☐ I am sure I voted ☐ I was not eligible

31 In the past 4 weeks, about how many hours of unpaid volunteer work did you do?

- ☐ None ☐ 1 to 4 hours ☐ 5 to 10 hours ☐ 11 to 20 hours ☐ More than 20 hours

32 In the past 12 months, how many local events such as fairs, clean-ups or school events did you go to?

- ☐ None ☐ 1 or 2 ☐ 3 to 5 ☐ 6 or more

33 In the past 30 days, did you borrow something from a neighbor or lend them something?

- ☐ Yes, I borrowed ☐ Yes, I lent ☐ Yes, both ☐ No

After a program or campaign (participants answer)

34 Since the program started, have you tried the habit it asked you to try?

- ☐ Yes, and I still do it ☐ Yes, but I have stopped ☐ Not yet, but I plan to ☐ No

35 Since you started, what is the longest run of weeks you kept the habit up?

- ☐ Less than 1 week ☐ 1 to 3 weeks ☐ 4 to 8 weeks ☐ More than 8 weeks ☐ I have not started

Optional questions (4 of 4)

Add any of these to the core questions. Keep the numbering running on from page one.

After a program or campaign (participants answer) (continued)

36 What got in the way of keeping it up? (tick all that apply)

- ☐ Time ☐ Cost ☐ Forgetting ☐ Low energy or illness ☐ Other people ☐ Nothing got in the way

37 Which parts of the program did you use in the past 30 days? (tick all that apply)

- ☐ Group sessions ☐ Reminders or messages ☐ Printed or online materials ☐ One-to-one support
☐ None of these

About you (optional)

38 Which age group are you in?

- ☐ 18 to 29 ☐ 30 to 44 ☐ 45 to 59 ☐ 60 or older ☐ Prefer not to say

39 Which best describes your main activity?

- ☐ Working full time ☐ Working part time ☐ Studying ☐ Caring for home or family ☐ Retired
☐ Something else

40 Which best describes where you live?

- ☐ City ☐ Suburb or town ☐ Rural area

Thank you. Your answers are anonymous.

poll-maker.com/cp-behavioral-type-question-survey