

Fitness and exercise survey

Answer for a usual week of training. Leave your name off, and skip anything you would rather not answer.

Gym, class or group

Date

For each statement, tick one box from 1 (strongly disagree) to 5 (strongly agree).

1 In a usual week, on how many days do you exercise?

☐ None ☐ 1 day ☐ 2 days ☐ 3 or 4 days ☐ 5 or more

2 How long does a usual workout last?

☐ Under 20 min ☐ 20 to 30 min ☐ 30 to 45 min ☐ 45 to 60 min ☐ Over an hour

3 On how many days a week do you do strength work?

☐ None ☐ 1 day ☐ 2 days ☐ 3 or more

4 What is your main fitness goal for the next three months?

☐ Get stronger ☐ Lose weight ☐ More stamina ☐ Less stress ☐ Stay healthy

STATEMENT	STRONGLY DISAGREE					STRONGLY AGREE				
5 Exercise is a fixed part of my week.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
6 I enjoy most of my workouts.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
7 I know what to do when I start a workout.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
8 I can see progress toward my goal.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
9 I can fit my workouts into a busy week.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
10 People around me encourage me to exercise.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

11 What most often stops you exercising more? (tick all that apply)

☐ Time ☐ Tiredness ☐ Cost ☐ Injury or pain ☐ Motivation ☐ Nothing

12 What one change would help you exercise more often?

Optional questions (1 of 3)

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

Your gym or studio (members answer)

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
13 The equipment I need is free when I want it.	1	2	3	4	5
14 Changing rooms and showers are kept clean.	1	2	3	4	5
15 Staff here are easy to approach.	1	2	3	4	5
16 My membership is good value for what I pay.	1	2	3	4	5
17 When do you usually train here?					
☐ Before 9 am ☐ 9 am to noon ☐ Noon to 5 pm ☐ 5 to 8 pm ☐ After 8 pm					
18 How likely are you to recommend this gym to a friend?					
Not at all likely 0 1 2 3 4 5 6 7 8 9 10 Extremely likely					
19 What should we add or fix first?					

Group classes (class members answer)

20 Which classes have you taken in the past month? (tick all that apply)

☐ Spin ☐ HIIT ☐ Yoga ☐ Pilates ☐ Strength ☐ Dance ☐ None

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
21 Class times fit my schedule.	1	2	3	4	5
22 The instructor shows easier and harder options.	1	2	3	4	5
23 I can get a place in the classes I want.	1	2	3	4	5
24 Which class would you like us to add?					

Thank you. Your answers are anonymous.

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Optional questions (2 of 3)

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

Your first weeks (new members answer)

25 In the past 7 days, how many times did you train?

- ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 or more

STATEMENT	STRONGLY DISAGREE				STRONGLY AGREE
26 I was shown how to use the equipment I need.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
27 I feel comfortable training here.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

28 What was the main reason you joined?

- ☐ Location ☐ Price ☐ Classes ☐ A friend ☐ A health goal

29 Would a check-in session with a coach help you now?

- ☐ Yes ☐ Maybe ☐ No

Leaving or pausing (members who cancel answer)

30 What is the main reason you are leaving?

- ☐ Cost ☐ Moving away ☐ No time ☐ No results ☐ Injury or health ☐ The gym itself

31 In your last month, how often did you train here?

- ☐ Not at all ☐ Once or twice ☐ About weekly ☐ Twice a week or more

32 Would you come back if something changed?

- ☐ Yes ☐ Maybe ☐ No

33 What would have made you stay?

Thank you. Your answers are anonymous.

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Optional questions (3 of 3)

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

About you (optional)

34 Which age group are you in?

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

35 How long have you trained with us?

- ☐ Under 3 months ☐ 3 to 12 months ☐ 1 to 3 years ☐ Over 3 years ☐ I am not a member
-

36 Where else do you exercise? (tick all that apply)

- ☐ At home ☐ Outdoors ☐ Online classes ☐ Another gym ☐ Nowhere else
-

Thank you. Your answers are anonymous.

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