

Sample Employee Interest Survey

Thank you for completing this survey. Your responses will give your worksite's wellness committee insight into the types of activities that are of interest to you. Participation in this survey is voluntary, and you do not need to respond to any of the questions that you do not wish to answer. The survey will take about five minutes. The information you provide on this survey will only be shared with the wellness committee, unless you give written permission or it is combined with the responses of others so that individual level information is impossible to ascertain.

1. Employee Name: _____
2. Gender: Female Male
3. Age: Under 21 21-35 36-50 51-60 Over 60 Prefer not to answer
4. Are you interested in being part of the wellness committee or planning wellness programs and/or activities?
 Yes No

5. Which of the following activities would be of interest to you if they were offered at the worksite? Check all that would be of interest using the box to the left of the activity); then indicate up to three top picks in the column to the right of the activity list.

Check all activities of interest to you	Indicate up to three "top picks"
<input type="checkbox"/> Back care education	
<input type="checkbox"/> Budgeting/financial planning	
<input type="checkbox"/> CPR/first aid training	
<input type="checkbox"/> Cancer education/screening	
<input type="checkbox"/> Cardiovascular health program	
<input type="checkbox"/> Cholesterol & blood pressure education/ screening	
<input type="checkbox"/> Communication skills training	
<input type="checkbox"/> Company sports teams	
<input type="checkbox"/> Diabetes education/screening	
<input type="checkbox"/> Emotional wellness program	
<input type="checkbox"/> Health/fitness evaluation	
<input type="checkbox"/> Nutrition education	
<input type="checkbox"/> Physical activity classes	
<input type="checkbox"/> Smoking cessation	
<input type="checkbox"/> Stress management	
<input type="checkbox"/> Substance abuse awareness	
<input type="checkbox"/> Time management training	
<input type="checkbox"/> Weight management program	
<input type="checkbox"/> Other _____	
<input type="checkbox"/> Not interested in any of the above	

6. How would you prefer to receive communications regarding employee health activities? (choose one)
- Bulletin boards
 - Email
 - Memo
 - Newsletter
 - Paycheck stuffer
 - Other _____
 - Not interested in receiving communications regarding health activities

Thank you for your participation in this survey.

Sample Follow Up Employee Survey

In a recent survey, you and a number other employees indicated interest in the following types of activities. We are following up to collect additional information to determine the feasibility of offering these activities. The information you provide on this survey will be used only for the purpose of planning activities that are of interest to you and other employees.

1. Employee Name: _____

2. For each activity, please indicate the time of day would be most convenient for you to attend and the amount you'd be willing to pay. If you are no longer interested in the particular activity, leave the time and cost information blank.

Note: Provide a brief description of each possible activity offering including the topic and the number of sessions so that the employee determine best times and cost/value to them.

Activities	What time of day that would be most convenient for you to attend	How much would you be willing to pay to attend?				
		\$0	<\$10	\$10-\$20	\$21-\$50	>\$51
Activity 1 Description		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Activity 2 Description		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Activity 3 Description		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

NOTE: For employees who indicated interest in company sport teams, nutrition education or physical activity classes. You may want to do further investigation about their specific interests, as below.

Below are suggestions for specific activities related to physical activity and nutrition. Please indicate the ones that are of interest and feel free to write in your own ideas in the space provided.

Company sports teams (choose 1)	Nutrition education (choose 1)	Physical activity classes (choose 1)
<input type="checkbox"/> Company fitness challenge <input type="checkbox"/> Golf <input type="checkbox"/> Soccer <input type="checkbox"/> Softball <input type="checkbox"/> Volleyball <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____	<input type="checkbox"/> Tips for Dining Out <input type="checkbox"/> Nutrition 101 <input type="checkbox"/> Healthy Food Preparation <input type="checkbox"/> Fast Food <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____	<input type="checkbox"/> Low-impact aerobics <input type="checkbox"/> Step aerobics <input type="checkbox"/> Tai-chi <input type="checkbox"/> Ways to increase physical activity <input type="checkbox"/> Weight/resistance training <input type="checkbox"/> Yoga <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____