

# Welcome to your first Health Walk!

Congratulations on joining a health walk. We're sure you'll enjoy your walks, make new friends and feel the benefits of walking more.

We'd appreciate it if you could tell us a little bit about yourself. Knowing who walks with us helps us to plan, improve and promote our walks for everyone. Only Paths for All and your walking project will see this information.

First name  Last name

Address

Town/City  Postcode

Telephone  E-mail

What's the name of the walking project you're joining?

If you have an email address please let us know so we can get in touch with a brief email in 6 months to find out how your walking is going!

## 1. What are your main reasons for attending health walks?

Please tick all that apply.

- |   |  |
|---|--|
| <input type="checkbox"/> Lose weight              | <input type="checkbox"/> Prefer walking to other forms of exercise |
| <input type="checkbox"/> Meet new people          | <input type="checkbox"/> Other, please specify                     |
| <input type="checkbox"/> To feel healthier        | <input type="text"/>   |
| <input type="checkbox"/> Opportunity to volunteer |  |

## 2. How did you find out about health walks?

Please tick all that apply.

- |  |  |
|--|--|
| <input type="checkbox"/> GP                        | <input type="checkbox"/> Poster                |
| <input type="checkbox"/> Other health professional | <input type="checkbox"/> Local newspaper       |
| <input type="checkbox"/> Family / Friends          | <input type="checkbox"/> Other, please specify |
| <input type="checkbox"/> Leaflet                   | <input type="text"/>                           |

## 3. Have you been diagnosed by your doctor or health professional with any of the following conditions?

Please tick all that apply.

- |  |  |
|--|--|
| <input type="checkbox"/> Diabetes              | <input type="checkbox"/> Chronic obstructive pulmonary disease |
| <input type="checkbox"/> Heart disease         | <input type="checkbox"/> High blood pressure                   |
| <input type="checkbox"/> Mental health problem | <input type="checkbox"/> Cancer                                |
| <input type="checkbox"/> Overweight            |  |

## 4. Are you

- Male  
 Female

## 5. What is your current age?

Please tick one.

- |                                |                                |                                |                              |
|--------------------------------|--------------------------------|--------------------------------|------------------------------|
| <input type="checkbox"/> 16-24 | <input type="checkbox"/> 35-44 | <input type="checkbox"/> 55-64 | <input type="checkbox"/> 75+ |
| <input type="checkbox"/> 25-34 | <input type="checkbox"/> 45-54 | <input type="checkbox"/> 65-74 |                              |

We'd like to ask you how active you normally are. It's not a test, it helps us understand the difference walking can make.

Physical activity can include: walking for enjoyment or to get to and from places; gardening; dancing; and exercise or sport which lasts for at least 10 minutes at a time.

Include anything that makes you breathe deeper, your heart beat a little faster and makes you feel warmer.

**1** In the past week, on how many days have you been physically active for a total of 30 minutes or more?

Please tick one.

1 day

2 days

3 days

4 days

5 days

6 days

7 days

Go to question 2

You're done!

Sign and return the completed form to your Walk Leader

**2** If you've ticked four days or less, have you been physically active for at least two and a half hours (150 minutes in total) over the course of the past week?

No

Yes

You're done!

Sign and return the completed form to your Walk Leader

I understand that Paths for All will only use the information I have given as described above.

Signature

Date

**paths  
for all**

FOR A HAPPIER,  
HEALTHIER SCOTLAND

Paths for All will never pass on your details to third parties unless required to do so by law. We may use the contact details you have given to occasionally communicate to you, by email or post details of other PFA publications, products, services and news items that we think may interest you.

If you do not want to receive this information, please tick this box.

For more information, see our Privacy Policy on our website [pathsforall.org.uk](https://pathsforall.org.uk)

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**Walk Leaders: Please complete with new walkers and return completed forms to your Project Co-ordinator.**

**Project Coordinator: Please return the forms to Paths for All, Freepost SCO6890, Alloa FK10 2BR.**