**<College or project name> survey – Part 1**

Congratulations, you are about to begin your <College or project name> project, which aims to improve your physical and mental health! To help us understand how you feel before you start the project, please complete this short survey.

We are only asking your name so we can compare your responses at the start and end of the project. We will not use your personal details for any other reason without your permission.

If you have any questions about how we keep information from this survey private, please contact <TIC Project lead name>.

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| --- |
| 1. **Today’s date: Day / Month / Year** |
| 1. **Your full name:** |
| 1. **Your student number:** |
| Physical activity includes sport, exercise and fast walking, swimming or cycling. It should make you breathe faster.   1. **In the last week, how many days did you do physical activity?** (Put amarkin one box)  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **0** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | |  |  |  |  |  |  |  |  | |
| 1. **How did you feel yesterday?** (Put a mark in one box)  |  |  |  |  | | --- | --- | --- | --- | | **Happy**  http://cdn.makeuseof.com/wp-content/uploads/2015/06/2_emoji.png?6f25c7 | **Mixed**  Image result for emoji straight face | **Unhappy**  http://www.hey.fr/tools/emoji/ios_emoji_worried_face.png | **Unsure**  http://emojipedia-us.s3.amazonaws.com/cache/db/d5/dbd57bcbb3fff7245025a39061012200.png | |  |  |  |  | |
| 1. **Use the space below to tell us more about how you feel before starting the project, for example excited or nervous:** |
| 1. **We might want to use your comments to tell others about how we support people to be healthy. Do we have permission to use your comments and name?** (Put a mark in one box per line)  |  |  |  | | --- | --- | --- | |  | **Yes**  Image result for thumbs up icon | **No**  Image result for thumbs up icon | | Comments |  |  | | First name |  |  | |

Thank you for completing our survey. Your answers are very important to us and will help us to support people better.