

## FitEx Individual Registration Form Cover Sheet

Thank you for your interest in FitEx!

Participation in this program provides data necessary to improve users' experiences through tracking activity on the site. This program is part of a research study at Virginia Tech, conducted by Dr. Samantha Harden. Your identifiable information will not be used in any studies or reports (email, name).

Data including demographics, mileage of physical activity, and cups of fruit and vegetable may be used for research purposes and publication. We also want you to know that some of the information you provide could be used for graduate student projects. However, the data the students receive will not include your name or any other identifying information. Participation in this study includes this brief pre-survey, recording mileage of physical activity and cups of fruits and vegetables in the online interface, and a brief post-program survey so that we can know if the program helped you make changes over the last eight weeks. Please visit our FAQ page for more information about the research studies.

Not all exercises are suitable for everyone. Virginia Cooperative Extension recommends that you consult with your physician before beginning any exercise program.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury.

If at any point during your workout you begin to feel faint, dizzy, or have physical discomfort you should stop immediately.

If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Virginia Cooperative Extension from any and all claims or causes of action.

For questions or concerns about this survey or study, please contact:	Should you have any questions or concerns about the study's conduct or your rights as a research subject, or need to report a research-related injury or event, you may contact:
Dr. Samantha Harden, Principal Investigator, Virginia Tech Email: harden.samantha@vt.edu Phone: (540) 231-9960	Dr. David M. Moore, Chair, Institutional Review Board Email: moored@vt.edu Phone: (540) 231-4991

**By completing this form, I am providing my consent to partake in this research study.**

## FitEx Individual Registration Form 2017

Your Name, Email, or FitEx UserID \_\_\_\_\_

1. Your Age: \_\_\_\_\_
2. Your Height: \_\_\_\_\_ Feet \_\_\_\_\_ Inches
3. Your Weight: \_\_\_\_\_ pounds
4. Are you?  Male  Female
5. Do you consider yourself to be Hispanic or Latino?  Yes  No
6. Which of the following best describes you? (Check all that apply)  
 Black/African American  Asian  White  American Indian/Native Alaskan  
 Native Hawaiian/Pacific Islander  Other
7. My team is made up of people in my:  Workplace  Family  School  Church  Community
8. What is your present employment status?  Part Time  Full Time  Retired  Not Employed
9. Please mark the highest grade of school that you have completed.  
 Grades 0-8  
 Grades 9-11  
 High school graduate  
 Some college  
 College graduate  
 Post college work
10. In general, compared to others your age, how would you rate your health:  
 Extremely healthy  Somewhat healthy  Not healthy  Very healthy  Don't know

**We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the last 7 days. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.**

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

11. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

\_\_\_ **days per week**

No vigorous physical activities → Skip to question 13

12. How much time did you usually spend doing **vigorous** physical activities on one of those days?

\_\_\_\_\_ **hours per day**

\_\_\_\_\_ **minutes per day**

Don't know/Not Sure

Think about all the moderate activities that you did in the last 7 days. Moderate activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think only about those physical activities that you did for at least 10 minutes at a time.

13. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

\_\_\_ **days per week**

No moderate physical activities → Skip to question 15

14. How much time did you usually spend doing **moderate** physical activities on one of those days?

----- **hours per day**  
----- **minutes per day**

Don't know/Not Sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you have done solely for recreation, sport, exercise, or leisure.

15. During the **last 7 days**, on how many days did you walk for at least 10 minutes at a time?  
----- **days per week**

No walking activities → Skip to question 17

16. How much time did you usually spend **walking** on one of those days?  
----- **hours per day**  
----- **minutes per day**

Don't know/Not Sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

17. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

----- **hours per day**  
----- **minutes per day**

Don't know/Not Sure

***The national recommendations are for adults to engage in 150 minutes of moderate intensity physical activity or 75 minutes of vigorous activity per week. It is also recommended to include two days of strength-training.***

What is your goal for the 8-week program? \_\_\_\_\_ Miles per week

\_\_\_\_\_ Total miles

18. On average, how many cups of fruit do you eat each day?

19. On average, how many cups of 100% fruit juice do you drink each day? \_\_\_\_\_

20. On average, how many cups of vegetables do you eat each day?

21. On average, how many cups of 100% vegetable juice do you drink each day? \_\_\_\_\_

***The national recommendations are for adults to consume at least 5 cups of fruits/vegetables (F/V) per day.***

What is your goal for the 8-week program? \_\_\_\_\_ Cups F/V per day

\_\_\_\_\_ Total cups F/V

**Thank You!**