



VERMONT SCHOOL STAFF QUICKIE INTEREST SURVEY



*We're applying for a VEHI Staff Wellness Grant
Tell us what you need and want...*

1. What are your favorite health related activities?

NOTE: Do you have any physical limitations you want us to consider when planning activities? Please comment:

2. What are your interests? What would you like to learn about?

3. When are you willing to do healthy activities? (i.e. time of day?)

- Before work After work During work day (please explain)

4. Where are you willing to do these activities?

- At work At home Another site (please describe)

5. How would you like health classes/activities delivered most:

- Group Activities Partner Activities Self-directed
 On-line Courses with Email coaching and reminders

- ✓ For what you definitely would do
X For what you absolutely would not do
0 Circle what you might like to do given more information

6. Please return to _____, by _____

