

Pre-Participation Evaluation

Dear Participant,

(Your Organization's name) provides participants with strategies, knowledge, and skills through weekly themed walks, supporting physical activity and allowing you to connect with your peers and community.

Before starting the program, we ask that you complete this survey to help us learn more about what you hope to achieve by participating in this walking program.

The information collected in this survey will help us improve the program. For more information, please contact **(your contact info)**.

Thank you for participating

Date: _____

- 1. To compare pre- and post-participation responses, please write your first and last initials of your name, and your birth month (example: A.B., January)**

We will not share your initials and birth month in our evaluation results, the survey responses will be assigned anonymous codes to match pre- and post-survey responses.

Part I: Program Questions:

- 2. In the last week, how many days did you do some form of physical activity for at least 30 minutes?**

- 1-2 days
- 3-4 days
- 5-6 days
- Every day
- Not at all

- 3. What motivated you to get involved in a walking program? (Check all that apply).**

- I hope to learn new skills for coping (e.g., with stress, depression, anger, etc.)
- I want to meet new people
- I want to learn more about green spaces in my community
- I have friends who are taking the program
- I have heard good things about the program
- I want to spend more time outdoors
- I would like to increase my physical activity
- I want to learn to be more present and in the moment (ex. mindfulness, disconnecting from technology)
- Other (please specify): _____

4. Please share how much you agree or disagree with the following statements...

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I feel comfortable talking to people					
I feel comfortable being out in nature					
I have a good understanding of my mental wellbeing					
I am aware of the physical and mental benefits of physical activities					
I can practice mindfulness					
I feel comfortable navigating my neighbourhood/community					
I feel connected to nature					

Part II: Demographic Questions:

5. What range best describes your age?

- 12-13 years old
- 14-15 years old
- 16-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65+ years old
- Prefer not to answer

6. What gender do you identify as?

- Woman
 - Man
 - Cisgender
 - Intersex
 - Gender Fluid
 - Gender Neutral
 - Non-Binary
 - Non-conforming
 - Transgender
 - Two-Spirited
 - Questioning/exploring
 - Not listed, please describe
-
- Prefer not to answer
 - Do not know

7. What is your racial or ethnic origin? (Check all that apply).

- Asian – East (ex. Chinese, Japanese, Korean)
 - Asian – South (ex. Indian, Pakistani, Sri Lankan)
 - Asian – South-East (ex. Filipino, Malaysian, Vietnamese)
 - Black – African (ex. Nigerian, Ghanaian, Kenyan)
 - Black – Caribbean (ex. Jamaican, Bajan, Haitian)
 - Black – North American (ex. Canadian, American)
 - Indigenous, First Nations, Inuit, or Métis
 - Indian-Caribbean (ex. Indo-Guyanese, Indo-Trinidadian)
 - Latin American (ex. Brazilian, Colombian, Mexican)
 - Middle Eastern (ex. Armenian, Iranian, Lebanese)
 - White – European (ex. Greek, Italian, Romanian)
 - White – North American (ex. Canadian, American)
 - Not listed, please describe
-
- Prefer not to answer
 - Do not know

Post-Participation Evaluation

Dear Participant,

Thank you for participating in our walking program. We ask that you complete this short survey to help us understand the knowledge and skills you learned, how you enjoyed the program, and any other information you would like to share.

The information in this survey will help us improve the program; for more information please contact:
(add your contact info)

Thank you for participating.

1. To compare pre- and post-participation responses, please write your first and last initials of your name, and your birth month (example: A.B., January)

We will not share your initials and birth month in our evaluation results, the survey responses will be assigned anonymous codes to match pre- and post-survey responses.

Part I: Program Questions:

2. After participating in walks, I intend to engage in 30 minutes or more of physical activity:

- 1-2 days per week
- 3-4 days per week
- 5-6 days per week
- 7 days per week
- Not at all

3. How can we make the program easier for you to participate in? (Check all that apply)

- Offer in the evenings
- Offer on the weekends
- Share program information on social media
- Make walk locations accessible by public transit
- Provide support and resources (e.g., program brochure, shoes, water bottles, etc.)
- Other (please specify): _____

4. After participating in walks...

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I feel more comfortable talking to people					
I feel more comfortable being out in nature					
I have a better understanding of my mental wellbeing					
I have noticed the physical and mental benefits of physical activities					
I can practice mindfulness					
I feel comfortable navigating my neighbourhood/ community					
I feel more connected to nature					
I noticed an improvement in my mood after each walk (ex. less stressed, less anxious, calmer, etc.).					
I feel confident in applying the knowledge and skills I gained from this program in my everyday life					
I am satisfied with my experience in the program					
I would recommend the program to someone else					
I would participate in the program again					

5. If you noticed an improvement in your mood after each walk, can you share some of the moods you felt?

- _____
- _____
- _____

Part II: Demographic Questions:

6. What range best describes your age?

- 16-24 years old
- 25-34 years old
- 35-44 years old
- 45-54 years old
- 55-64 years old
- 65+ years old
- Prefer not to answer

7. What gender do you identify as?

- Woman
- Man
- Cisgender
- Intersex
- Gender Fluid
- Gender Neutral
- Non-Binary
- Non-conforming
- Trans
- Two-Spirited
- Questioning/exploring
- Not listed, please describe _____
- Prefer not to answer
- Do not know

8. What is your racial or ethnic origin? Please select all that apply.

- Asian – East (ex. Chinese, Japanese, Korean)
- Asian – South (ex. Indian, Pakistani, Sri Lankan)
- Asian – South-East (ex. Filipino, Malaysian, Vietnamese)
- Black – African (ex. Nigerian, Ghanaian, Kenyan)
- Black – Caribbean (ex. Jamaican, Bajan, Haitian)
- Black – North American (ex. Canadian, American)
- Indigenous, First Nations, Inuit, or Métis
- Indian-Caribbean (ex. Indo-Guyanese, Indo-Trinidadian)
- Latin American (ex. Brazilian, Colombian, Mexican)
- Middle Eastern (ex. Armenian, Iranian, Lebanese)
- White – European (ex. Greek, Italian, Romanian)
- White – North American (ex. Canadian, American)
- Not listed, please describe _____
- Prefer not to answer
- Do not know

9. Do you identify as a person with a disability? Please select one option only.

- Yes
- No
- Do not know
- Prefer not to answer

10. If yes, what type of disability do you live with? Please select all that apply.

- Blindness or low vision (does not include vision correctable by glasses or contact lenses)
- Deaf, deafened, or hard of hearing
- Developmental or cognitive disability (ex. Down syndrome)
- Learning disability (ex. dyslexia)
- Mental health disability (ex. addictions, bipolar disorder, depression)
- Mobility disability (ex. cane, wheelchair)
- Physical, coordination, manual dexterity, or strength (ex. handling objects)

- Physical illness and/or pain (ex. diabetes, epilepsy, heart condition)
- Speech and language disability (not caused by hearing loss)
- Not listed, please describe: _____
- Prefer not to answer

11. If yes, did your walk leader make accommodations for you to participate?

- Yes (please explain)

- No (please explain)

- Do not know
- Prefer not to answer

12. If you would like, please share a few words about your experience participating in walks:
