

Name: _____ Class: _____ Class no.: _____

SURVEY ON EXERCISE HABITS

Basic information of the respondent

1. *teacher / principal* Name: _____

Signature

2. *English Ambassador* Name: _____ Class: _____

Stamp

Question 1. How many hours per week do you usually spend doing exercise?

- A. none. I don't exercise at all.
- B. less than 2 hours
- C. between 2 hours and 7 hours
- D. more than 7 hours

Question 2. What kinds of exercise do you usually do in your free time?

- | | |
|-----------------|----------------------|
| A. football | G. swimming |
| B. basketball | H. jogging / running |
| C. badminton | I. yoga |
| D. table tennis | J. bowling |
| E. tennis | K. dancing |
| F. golf | L. others: _____ |

(can choose more than one) _____

Question 3. People say there are some benefits of exercising regularly:

- A. Exercise helps me lose weight*
- B. Exercise helps me relax*
- C. Exercise makes me feel happier*
- D. Exercise makes me stronger and healthier*
- E. Exercise helps me make more friends*
- F. Exercise is a good way to pass the time*

In your opinion, which THREE of the above are the most important benefits of doing exercise?

_____, _____, _____

Question 4. Who is your favourite sports star? Why do you admire him/her?

My favourite sports star is _____ since _____

THE END

NOTE:

The completed survey form must be handed in to the monitress as homework on October 3 (Thurs.). The monitress should then take them to Mr Wong Kwan Ho (Rm 201).

If you don't hand in this survey form on October 3, you will have to go to detention class that day.