

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 participant, or need to report a research-related injury or event, you may contact the Virginia Tech Institutional Review Board at irb@vt.edu or (540) 231-3732.
Dr. Samantha Harden, Principal Investigator, Virginia Tech Email: harden.samantha@vt.edu Phone: (540) 231-9960	

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 _____

Do you own a smartphone?

- I own an Android
- I own an iPhone
- Other _____
- No smartphone

1. Your Age: _____
2. Your Height: _____ Feet _____ Inches
3. Your Weight: _____ pounds
4. Are you? Male Female Prefer not to answer
5. Do you consider yourself to be Hispanic or Latino? Yes No. Prefer not to answer
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 Prefer not to answer
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

During the past month, which statement best describes the kinds of physical activity you usually did? Do not include the time you spent working at a job. Please read all six statements before SELECTING ONE.

- I did not do much physical activity. I mostly did things like watching television, reading, playing cards, or playing computer games. Only occasionally, no more than once or twice a month, did I do anything more active such as going for a walk or playing tennis.
- Once or twice a week, I did light activities such as going outdoors on the weekends for an easy walk or maybe once or twice a week, I did chores around the house such as sweeping floors or vacuuming.
- About three times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for about 15–20 minutes each time. Or about once a week, I did moderately difficult chores such as raking or mowing the lawn for about 45–60 minutes. Or about once a week, I played sports such as softball, basketball, or soccer for about 45–60 minutes.
- Almost daily, that is five or more times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for 30 minutes or more each time. Or about once a week, I did moderately difficult chores or played sports for 2 hours or more.
- About three times a week, I did vigorous activities such as running or riding hard on a bike for

30 minutes or more each time.

- Almost daily, that is five or more times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

What resources does your community have for being physically active? Please check all that apply.

- Paved Trail
- Unpaved Trail
- Open green space
- Neighborhood sidewalk
- City/town sidewalk
- Athletic field/court
- Outdoor park
- Gym
- Fitness facility
- Malls
- Faith-based organization's building
- Community center
- Personal residence
- Do not know of any resources

Over the next 8 weeks, I plan to do my physical activities:	<i>Never</i>	<i>Seldom</i>	<i>Sometimes</i>	<i>Often</i>
<i>Indoors</i>				
<i>Outdoors</i>				

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

On average, how many cups of 100% fruit juice do you drink each day? _____

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

On average, how many cups of 100% vegetable juice do you drink each day? _____

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

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!