



2017-2018 Logan Parks and Recreation Department Walking Survey

To receive your choice of a **FREE one-day pass to the Logan Community Recreation Center** or a **FREE one-day pass to the Logan Aquatic Center**, complete this survey and return it to the Logan Community Recreation Center (195 South 100 West, Logan, Utah). For added convenience, you may complete the survey online at pr.loganutah.org and your free pass will be mailed directly to you. Survey deadline is **January 31, 2018 at 5:00 p.m.**

To ensure prompt delivery of your free day pass, please check one: **Logan Aquatic Center** **Logan Community Recreation Center**

Name _____ Address: _____ City: _____ Zip: _____

1. Do you walk as a form of exercise? Yes No

2. If no, what type of activities do you utilize to exercise? _____

3. How often do you walk? Daily Two times per week Three times per week Four or more times per week

4. What is your motivation for walking? Work School Leisure Physical Fitness

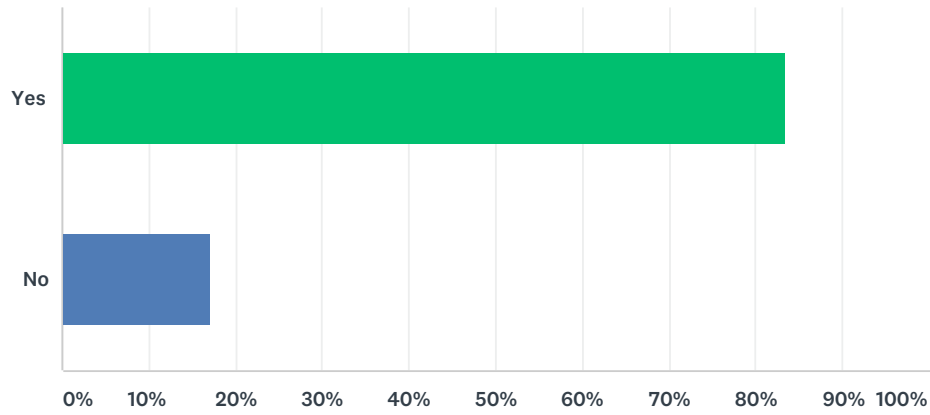
5. What do you see as barriers to participation in a walking program?

- Financial Cost Places to Walk Time Required for Participation Physical Barriers
 Lack of Destinations Lack of Information (places to walk or knowledge of benefits)

Thank you for sharing your feedback with us. If you have any questions regarding this survey, feel free to contact us at (435) 716-9250. Visit our website for more information about Logan Parks and Recreation Department: pr.loganutah.org

Q1 Do you walk as a form of exercise?

Answered: 310 Skipped: 0



| ANSWER CHOICES | RESPONSES | |
|------------------------|-----------|-----|
| Yes | 83.55% | 259 |
| No | 17.10% | 53 |
| Total Respondents: 310 | | |

Q2 If no, what type of activities do you utilize to exercise?

Answered: 310 Skipped: 0

| # | RESPONSES | DATE |
|----|-------------------------------|-------------------|
| 1 | weight room | 3/5/2018 12:35 PM |
| 2 | n/a | 3/5/2018 12:33 PM |
| 3 | n/a | 3/5/2018 12:32 PM |
| 4 | n/a | 3/5/2018 12:31 PM |
| 5 | n/a | 3/5/2018 12:31 PM |
| 6 | bike, golf | 3/5/2018 12:30 PM |
| 7 | n/a | 3/5/2018 12:29 PM |
| 8 | n/a | 3/5/2018 12:29 PM |
| 9 | n/a | 3/5/2018 12:28 PM |
| 10 | n/a | 3/5/2018 12:28 PM |
| 11 | n/a | 3/5/2018 12:28 PM |
| 12 | n/a | 3/5/2018 12:27 PM |
| 13 | n/a | 3/5/2018 12:27 PM |
| 14 | n/a | 3/5/2018 12:27 PM |
| 15 | n/a | 3/5/2018 12:25 PM |
| 16 | basketball | 3/5/2018 12:24 PM |
| 17 | n/a | 3/5/2018 12:24 PM |
| 18 | n/a | 3/5/2018 12:24 PM |
| 19 | gym | 3/5/2018 12:23 PM |
| 20 | n/a | 3/5/2018 12:23 PM |
| 21 | n/a | 3/5/2018 12:22 PM |
| 22 | group classes | 3/5/2018 12:22 PM |
| 23 | n/a | 3/5/2018 12:21 PM |
| 24 | n/a | 3/5/2018 12:21 PM |
| 25 | gym | 3/5/2018 12:21 PM |
| 26 | weights, racquetball, b-ball | 3/5/2018 12:21 PM |
| 27 | n/a | 3/5/2018 12:20 PM |
| 28 | Run | 3/5/2018 12:20 PM |
| 29 | n/a | 3/5/2018 12:20 PM |
| 30 | n/a | 3/5/2018 12:19 PM |
| 31 | n/a | 3/5/2018 12:19 PM |
| 32 | n/a | 3/5/2018 12:19 PM |
| 33 | bikz | 3/5/2018 12:18 PM |
| 34 | running, bycling, phyometrics | 3/5/2018 12:17 PM |
| 35 | weight, walk | 3/5/2018 12:14 PM |

| | | |
|----|---|-------------------|
| 36 | n/a | 3/5/2018 12:14 PM |
| 37 | basketball, running | 3/5/2018 12:14 PM |
| 38 | weights, cardio | 3/5/2018 12:13 PM |
| 39 | n/a | 3/5/2018 12:13 PM |
| 40 | basketball | 3/5/2018 12:12 PM |
| 41 | run, weights, basketball | 3/5/2018 12:12 PM |
| 42 | b-ball, cross country, outdoor activity | 3/5/2018 12:11 PM |
| 43 | n/a | 3/5/2018 12:11 PM |
| 44 | n/a | 3/5/2018 12:11 PM |
| 45 | gyms, courts | 3/5/2018 12:10 PM |
| 46 | n/a | 3/5/2018 12:09 PM |
| 47 | bike | 3/5/2018 12:09 PM |
| 48 | basketball/ski/running/raquet ball | 3/5/2018 12:09 PM |
| 49 | basketball, playing with kids | 3/5/2018 12:01 PM |
| 50 | Run | 3/5/2018 12:00 PM |
| 51 | running | 3/5/2018 12:00 PM |
| 52 | run, machines | 3/5/2018 11:59 AM |
| 53 | weights | 3/5/2018 11:59 AM |
| 54 | run, bike | 3/5/2018 11:58 AM |
| 55 | n/a | 3/5/2018 11:58 AM |
| 56 | n/a | 3/5/2018 11:58 AM |
| 57 | tennis | 3/5/2018 11:57 AM |
| 58 | n/a | 3/5/2018 11:57 AM |
| 59 | weights, elliptical | 3/5/2018 11:57 AM |
| 60 | weights | 3/5/2018 11:56 AM |
| 61 | n/a | 3/5/2018 11:56 AM |
| 62 | n/a | 3/5/2018 11:54 AM |
| 63 | yard work | 3/5/2018 11:53 AM |
| 64 | basketball | 3/5/2018 11:53 AM |
| 65 | n/a | 3/5/2018 11:53 AM |
| 66 | n/a | 3/5/2018 11:52 AM |
| 67 | n/a | 3/5/2018 11:52 AM |
| 68 | n/a | 3/5/2018 11:50 AM |
| 69 | n/a | 3/5/2018 11:50 AM |
| 70 | weights/dumbbells & machines | 3/5/2018 11:49 AM |
| 71 | n/a | 3/5/2018 11:48 AM |
| 72 | n/a | 3/5/2018 11:48 AM |
| 73 | n/a | 3/5/2018 11:48 AM |
| 74 | running | 3/5/2018 11:47 AM |
| 75 | n/a | 3/5/2018 11:47 AM |
| 76 | n/a | 3/5/2018 11:47 AM |

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|-----|---------------------------|-------------------|
| 77 | n/a | 3/5/2018 11:46 AM |
| 78 | n/a | 3/5/2018 11:46 AM |
| 79 | n/a | 3/5/2018 11:46 AM |
| 80 | n/a | 3/5/2018 11:45 AM |
| 81 | n/a | 3/5/2018 11:43 AM |
| 82 | n/a | 3/5/2018 11:43 AM |
| 83 | n/a | 3/5/2018 11:42 AM |
| 84 | kettle-bell, sports | 3/5/2018 11:41 AM |
| 85 | kettle-bell | 3/5/2018 11:41 AM |
| 86 | n/a | 3/5/2018 11:40 AM |
| 87 | running, ice hockey | 3/5/2018 11:40 AM |
| 88 | weights | 3/5/2018 11:39 AM |
| 89 | n/a | 3/5/2018 11:39 AM |
| 90 | Run | 3/5/2018 11:39 AM |
| 91 | bicycle | 3/5/2018 11:38 AM |
| 92 | n/a | 3/5/2018 11:38 AM |
| 93 | cardio | 3/5/2018 11:37 AM |
| 94 | n/a | 3/5/2018 11:37 AM |
| 95 | walking - kids play bball | 3/5/2018 11:37 AM |
| 96 | n/a | 3/5/2018 11:36 AM |
| 97 | strength, HIIT | 3/5/2018 11:36 AM |
| 98 | bike | 3/5/2018 11:35 AM |
| 99 | n/a | 3/5/2018 11:35 AM |
| 100 | running, basketball | 3/5/2018 11:35 AM |
| 101 | running | 3/5/2018 11:34 AM |
| 102 | n/a | 3/5/2018 11:34 AM |
| 103 | walk | 3/5/2018 11:33 AM |
| 104 | gym | 3/5/2018 11:33 AM |
| 105 | running | 3/5/2018 11:33 AM |
| 106 | weights, yoga | 3/5/2018 11:32 AM |
| 107 | basketball | 3/5/2018 11:31 AM |
| 108 | n/a | 3/5/2018 11:31 AM |
| 109 | golf, run | 3/5/2018 11:30 AM |
| 110 | b-ball | 3/5/2018 11:30 AM |
| 111 | gym | 3/5/2018 11:29 AM |
| 112 | n/a | 3/5/2018 11:29 AM |
| 113 | sports | 3/5/2018 11:28 AM |
| 114 | basketball | 3/5/2018 11:27 AM |
| 115 | n/a | 3/5/2018 11:26 AM |
| 116 | n/a | 3/5/2018 11:26 AM |
| 117 | weights | 3/5/2018 11:26 AM |

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|-----|--|-------------------|
| 118 | run/bike | 3/5/2018 11:25 AM |
| 119 | n/a | 3/5/2018 11:25 AM |
| 120 | bike | 3/5/2018 11:24 AM |
| 121 | rec. center | 3/5/2018 11:24 AM |
| 122 | n/a | 3/5/2018 11:23 AM |
| 123 | n/a | 3/5/2018 11:23 AM |
| 124 | skate | 3/5/2018 11:23 AM |
| 125 | n/a | 3/5/2018 11:22 AM |
| 126 | n/a | 3/5/2018 11:21 AM |
| 127 | basketball, fitness classes | 3/5/2018 11:21 AM |
| 128 | kubex | 3/5/2018 11:21 AM |
| 129 | basketball, baseball, pool | 3/5/2018 11:20 AM |
| 130 | n/a | 3/5/2018 11:20 AM |
| 131 | pool | 3/5/2018 11:20 AM |
| 132 | run, gym | 3/5/2018 11:16 AM |
| 133 | n/a | 3/5/2018 11:16 AM |
| 134 | n/a | 3/5/2018 11:15 AM |
| 135 | n/a | 3/5/2018 11:14 AM |
| 136 | n/a | 3/5/2018 11:14 AM |
| 137 | n/a | 3/5/2018 11:14 AM |
| 138 | n/a | 3/5/2018 11:13 AM |
| 139 | n/a | 3/5/2018 11:13 AM |
| 140 | hiking, climbing, running, biking, etc | 3/5/2018 11:12 AM |
| 141 | running - treadmill, bike | 3/5/2018 11:06 AM |
| 142 | n/a | 3/5/2018 11:06 AM |
| 143 | n/a | 3/5/2018 11:05 AM |
| 144 | n/a | 3/5/2018 11:05 AM |
| 145 | n/a | 3/5/2018 11:04 AM |
| 146 | biking | 3/5/2018 11:04 AM |
| 147 | n/a | 3/5/2018 11:03 AM |
| 148 | jog | 3/5/2018 11:03 AM |
| 149 | n/a | 3/5/2018 11:03 AM |
| 150 | n/a | 3/5/2018 11:02 AM |
| 151 | n/a | 3/5/2018 11:02 AM |
| 152 | n/a | 3/5/2018 11:02 AM |
| 153 | aerobics/water & dance | 3/5/2018 11:01 AM |
| 154 | running | 3/5/2018 11:01 AM |
| 155 | n/a | 3/5/2018 11:00 AM |
| 156 | dumbbell weights, phone app, p90x at home, jogging | 3/5/2018 11:00 AM |
| 157 | n/a | 3/5/2018 10:59 AM |
| 158 | n/a | 3/5/2018 10:59 AM |

| | | |
|-----|--------------------------------------|-------------------|
| 159 | n/a | 3/5/2018 10:58 AM |
| 160 | n/a | 3/5/2018 10:58 AM |
| 161 | basketball & water polo | 3/5/2018 10:57 AM |
| 162 | n/a | 3/5/2018 10:57 AM |
| 163 | n/a | 3/5/2018 10:56 AM |
| 164 | basketball | 3/5/2018 10:56 AM |
| 165 | n/a | 3/5/2018 10:55 AM |
| 166 | n/a | 3/5/2018 10:55 AM |
| 167 | n/a | 3/5/2018 10:55 AM |
| 168 | n/a | 3/5/2018 10:49 AM |
| 169 | skate | 3/5/2018 10:48 AM |
| 170 | walking | 3/5/2018 10:48 AM |
| 171 | n/a | 3/5/2018 10:47 AM |
| 172 | tennis | 3/5/2018 10:47 AM |
| 173 | gym | 3/5/2018 10:39 AM |
| 174 | biking | 3/5/2018 10:38 AM |
| 175 | n/a | 3/5/2018 10:38 AM |
| 176 | n/a | 3/5/2018 10:37 AM |
| 177 | n/a | 3/5/2018 10:36 AM |
| 178 | walleyball, racketball | 3/5/2018 10:35 AM |
| 179 | n/a | 3/5/2018 10:35 AM |
| 180 | n/a | 3/5/2018 10:34 AM |
| 181 | n/a | 3/5/2018 10:34 AM |
| 182 | n/a | 3/5/2018 10:34 AM |
| 183 | n/a | 3/5/2018 10:33 AM |
| 184 | basketball, soccer, weights, running | 3/5/2018 10:32 AM |
| 185 | gym | 3/5/2018 10:32 AM |
| 186 | eliptical | 3/5/2018 10:31 AM |
| 187 | n/a | 3/5/2018 10:31 AM |
| 188 | lifting, sports,ect | 3/5/2018 10:30 AM |
| 189 | n/a | 3/5/2018 10:30 AM |
| 190 | racquetball | 3/5/2018 10:29 AM |
| 191 | n/a | 3/5/2018 10:29 AM |
| 192 | mountain bike | 3/5/2018 10:28 AM |
| 193 | n/a | 3/5/2018 10:27 AM |
| 194 | n/a | 3/5/2018 10:23 AM |
| 195 | none | 3/5/2018 10:21 AM |
| 196 | work | 3/5/2018 10:20 AM |
| 197 | n/a | 3/5/2018 10:20 AM |
| 198 | n/a | 3/5/2018 10:19 AM |
| 199 | n/a | 3/5/2018 10:19 AM |

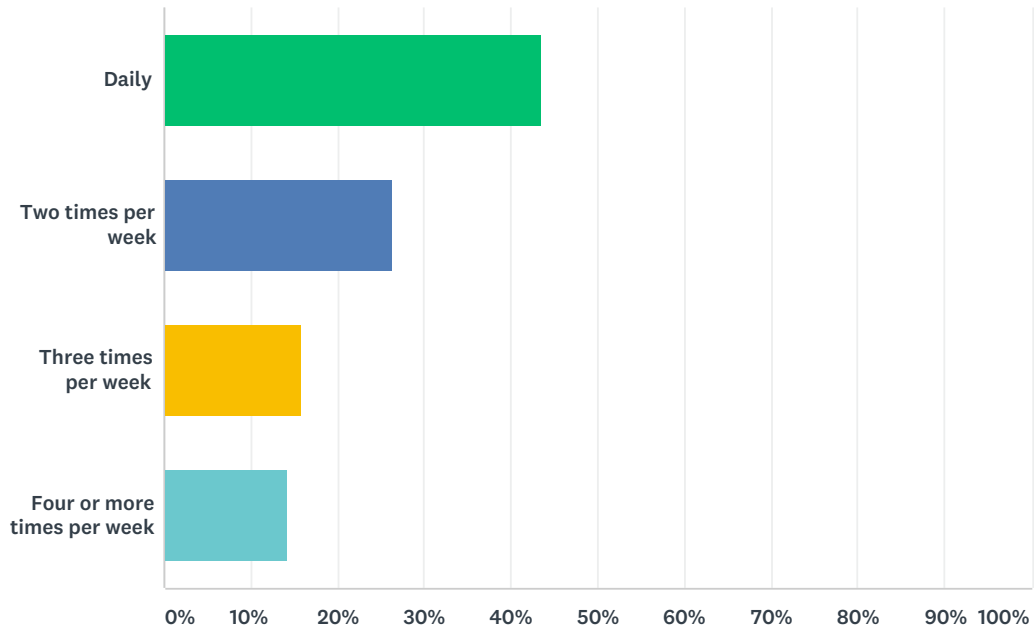
| | | |
|-----|---|-------------------|
| 200 | n/a | 3/5/2018 10:18 AM |
| 201 | n/a | 3/5/2018 10:18 AM |
| 202 | n/a | 3/5/2018 10:16 AM |
| 203 | n/a | 3/5/2018 10:16 AM |
| 204 | n/a | 3/5/2018 10:16 AM |
| 205 | n/a | 3/5/2018 10:15 AM |
| 206 | n/a | 3/5/2018 10:15 AM |
| 207 | n/a | 3/5/2018 10:15 AM |
| 208 | basketball, work | 3/5/2018 10:14 AM |
| 209 | running more often | 3/5/2018 10:14 AM |
| 210 | n/a | 3/5/2018 10:13 AM |
| 211 | n/a | 3/5/2018 10:13 AM |
| 212 | n/a | 3/5/2018 10:12 AM |
| 213 | n/a | 3/5/2018 10:12 AM |
| 214 | n/a | 3/5/2018 10:11 AM |
| 215 | n/a | 3/5/2018 10:11 AM |
| 216 | n/a | 3/5/2018 10:11 AM |
| 217 | Run | 3/5/2018 10:10 AM |
| 218 | n/a | 3/5/2018 10:06 AM |
| 219 | n/a | 3/5/2018 10:06 AM |
| 220 | n/a | 3/5/2018 9:59 AM |
| 221 | aerobics | 3/5/2018 9:59 AM |
| 222 | bike & kayaking | 3/5/2018 9:58 AM |
| 223 | n/a | 3/5/2018 9:56 AM |
| 224 | exercise videos | 3/5/2018 9:55 AM |
| 225 | n/a | 3/5/2018 9:55 AM |
| 226 | n/a | 3/5/2018 9:54 AM |
| 227 | n/a | 3/5/2018 9:35 AM |
| 228 | n/a | 3/5/2018 9:34 AM |
| 229 | weights, b-ball, tennis, swim | 3/5/2018 9:32 AM |
| 230 | running on treadmill | 3/5/2018 9:31 AM |
| 231 | n/a | 3/5/2018 9:30 AM |
| 232 | classes | 3/5/2018 9:30 AM |
| 233 | n/a | 3/5/2018 9:29 AM |
| 234 | i also run, do yoga, & a dance exercise class | 3/5/2018 9:29 AM |
| 235 | n/a | 3/5/2018 9:28 AM |
| 236 | basketball weights | 3/5/2018 9:28 AM |
| 237 | n/a | 3/5/2018 9:26 AM |
| 238 | n/a | 3/5/2018 9:20 AM |
| 239 | n/a | 3/5/2018 9:20 AM |
| 240 | soccer | 3/5/2018 9:19 AM |

| | | |
|-----|---------------------------------|-------------------|
| 241 | n/a | 3/5/2018 9:18 AM |
| 242 | classes, dance | 3/5/2018 9:17 AM |
| 243 | n/a | 3/5/2018 9:17 AM |
| 244 | n/a | 3/5/2018 9:16 AM |
| 245 | n/a | 3/5/2018 9:16 AM |
| 246 | n/a | 3/5/2018 9:16 AM |
| 247 | n/a | 3/5/2018 9:15 AM |
| 248 | zumba, dance | 3/5/2018 9:15 AM |
| 249 | n/a | 3/5/2018 9:11 AM |
| 250 | n/a | 3/5/2018 9:09 AM |
| 251 | n/a | 3/5/2018 9:08 AM |
| 252 | n/a | 3/5/2018 9:08 AM |
| 253 | n/a | 3/5/2018 9:08 AM |
| 254 | n/a | 3/5/2018 9:07 AM |
| 255 | n/a | 3/5/2018 9:07 AM |
| 256 | tennis | 3/5/2018 9:07 AM |
| 257 | n/a | 3/5/2018 9:06 AM |
| 258 | n/a | 3/5/2018 9:05 AM |
| 259 | n/a | 3/5/2018 9:05 AM |
| 260 | n/a | 3/5/2018 9:05 AM |
| 261 | classes, weights | 3/5/2018 9:04 AM |
| 262 | just work... | 3/5/2018 9:03 AM |
| 263 | n/a | 3/5/2018 9:02 AM |
| 264 | n/a | 3/5/2018 9:02 AM |
| 265 | run, weight lifting, basketball | 3/5/2018 8:59 AM |
| 266 | bike, hike | 3/5/2018 8:59 AM |
| 267 | n/a | 3/5/2018 8:58 AM |
| 268 | running, weights | 3/5/2018 8:57 AM |
| 269 | n/a | 3/5/2018 8:57 AM |
| 270 | n/a | 3/5/2018 8:57 AM |
| 271 | n/a | 3/5/2018 8:56 AM |
| 272 | volleyball | 3/5/2018 8:53 AM |
| 273 | n/a | 3/5/2018 8:53 AM |
| 274 | n/a | 3/5/2018 8:53 AM |
| 275 | volleyball church | 3/5/2018 8:52 AM |
| 276 | n/a | 3/5/2018 8:47 AM |
| 277 | weight room | 2/15/2018 6:18 PM |
| 278 | n/a | 2/15/2018 5:51 PM |
| 279 | n/a | 2/15/2018 5:51 PM |
| 280 | n/a | 2/15/2018 5:50 PM |
| 281 | n/a | 2/15/2018 5:49 PM |

| | | |
|-----|--------------------------|-------------------|
| 282 | bike, golf | 2/15/2018 5:49 PM |
| 283 | n/a | 2/15/2018 5:48 PM |
| 284 | n/a | 2/15/2018 5:48 PM |
| 285 | n/a | 2/15/2018 5:47 PM |
| 286 | n/a | 2/15/2018 5:46 PM |
| 287 | n/a | 2/15/2018 5:46 PM |
| 288 | n/a | 2/15/2018 5:45 PM |
| 289 | n/a | 2/15/2018 5:44 PM |
| 290 | n/a | 2/15/2018 5:42 PM |
| 291 | n/a | 2/15/2018 5:40 PM |
| 292 | n/a | 2/15/2018 5:39 PM |
| 293 | n/a | 2/15/2018 5:39 PM |
| 294 | basketball | 2/15/2018 5:38 PM |
| 295 | n/a | 2/15/2018 5:37 PM |
| 296 | n/a | 2/15/2018 5:36 PM |
| 297 | run, lift | 2/15/2018 5:36 PM |
| 298 | gym | 2/15/2018 5:35 PM |
| 299 | n/a | 2/15/2018 5:34 PM |
| 300 | n/a | 2/15/2018 5:34 PM |
| 301 | n/a | 2/15/2018 5:33 PM |
| 302 | weight training, running | 2/13/2018 5:50 PM |
| 303 | tennis, running | 2/13/2018 5:49 PM |
| 304 | tennis | 2/13/2018 5:48 PM |
| 305 | tennis | 2/13/2018 5:47 PM |
| 306 | n/a | 2/13/2018 5:47 PM |
| 307 | n/a | 2/13/2018 5:44 PM |
| 308 | Run | 2/13/2018 5:44 PM |
| 309 | water aerobics | 2/13/2018 5:41 PM |
| 310 | n/a | 2/13/2018 5:39 PM |

Q3 How often do you walk?

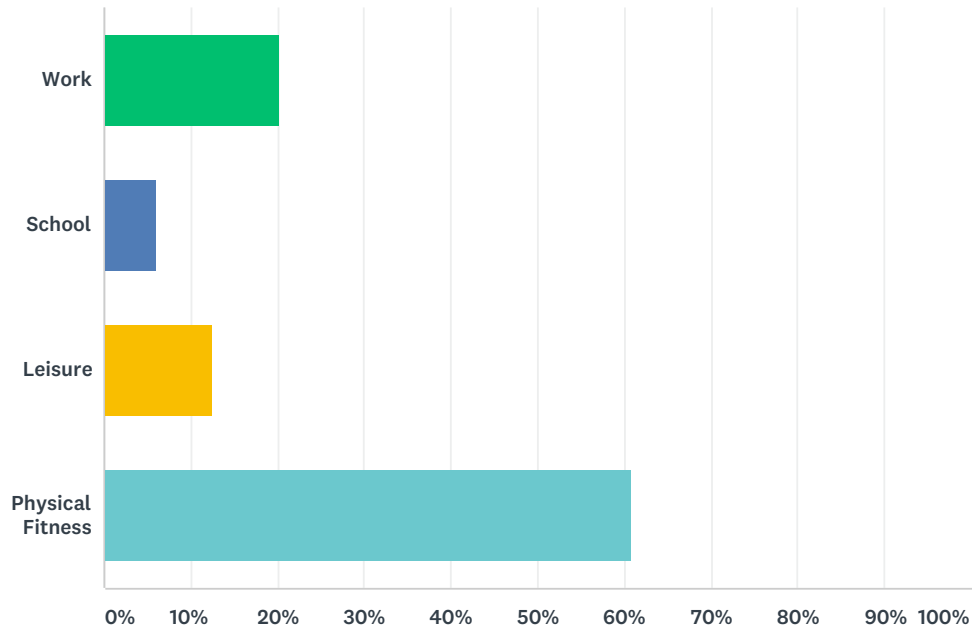
Answered: 310 Skipped: 0



| ANSWER CHOICES | RESPONSES | |
|-----------------------------|-----------|-----|
| Daily | 43.55% | 135 |
| Two times per week | 26.45% | 82 |
| Three times per week | 15.81% | 49 |
| Four or more times per week | 14.19% | 44 |
| Total Respondents: 310 | | |

Q4 What is your motivation for walking?

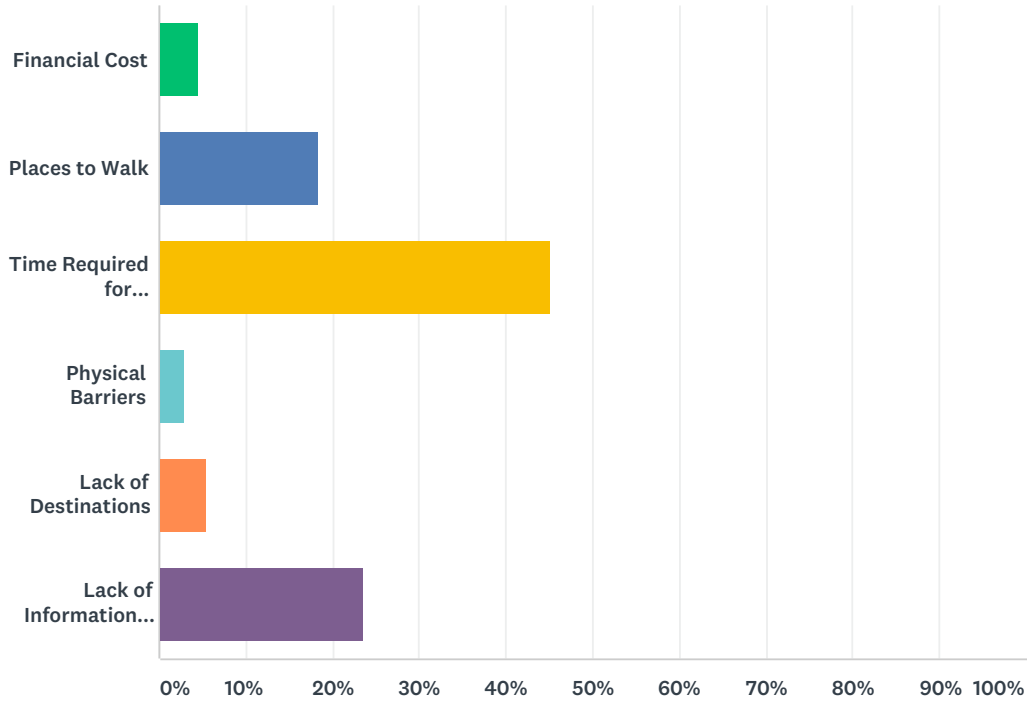
Answered: 310 Skipped: 0



| ANSWER CHOICES | RESPONSES |
|------------------|------------|
| Work | 20.32% 63 |
| School | 6.13% 19 |
| Leisure | 12.58% 39 |
| Physical Fitness | 60.97% 189 |
| TOTAL | 310 |

Q5 What do you see as barriers to participation in a walking program?

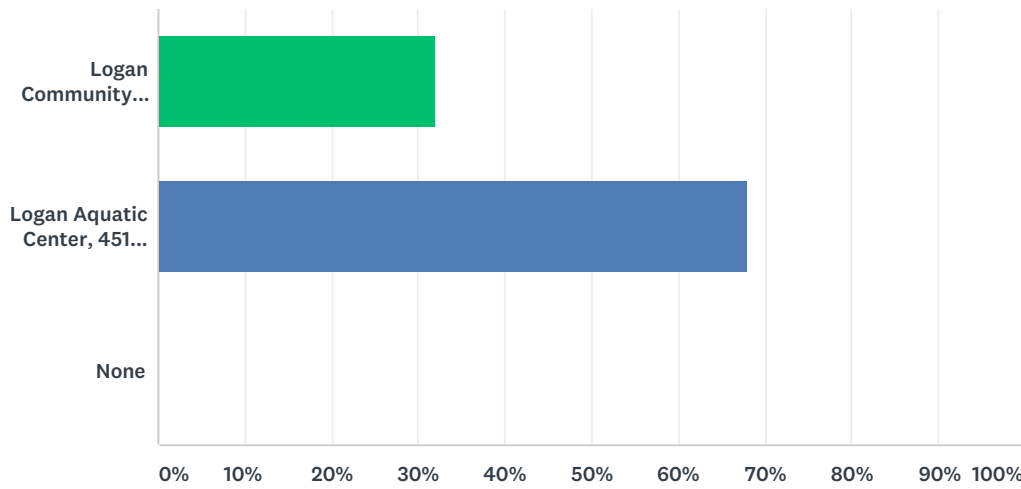
Answered: 310 Skipped: 0



| ANSWER CHOICES | RESPONSES | |
|---|-----------|------------|
| Financial Cost | 4.52% | 14 |
| Places to Walk | 18.39% | 57 |
| Time Required for Participation | 45.16% | 140 |
| Physical Barriers | 2.90% | 9 |
| Lack of Destinations | 5.48% | 17 |
| Lack of Information (places to walk or knowledge of benefits) | 23.55% | 73 |
| TOTAL | | 310 |

Q6 Please choose which type of FREE one day pass you would like to receive.

Answered: 310 Skipped: 0



| ANSWER CHOICES | RESPONSES | |
|---|-----------|------------|
| Logan Community Recreation Center, 195 South 100 West | 31.94% | 99 |
| Logan Aquatic Center, 451 South 500 West | 68.06% | 211 |
| None | 0.00% | 0 |
| TOTAL | | 310 |