

## Online Outcome Evaluation Survey

### Section 1: Survey Instructions

Thank you for participating in this online survey! Your input is valuable in helping us assess the effectiveness of the Tactical Guide to Activating Your Neighbourhood for Physical Activity and Social Connectedness. Please read the following instructions carefully:

*The purpose of this questionnaire is to collect information about your experience with the pilot program and its impact on your engagement in physical activity/movement in your neighbourhood. Your responses will remain confidential and will only be used for research purposes. Your identity will be kept anonymous. Participation in this survey is voluntary. You may choose not to answer any question or exit the survey at any time.*

### Section 2: Demographic Information

Please provide the following demographic information (check whichever response option applies):

1. Gender:

- Female
- Male
- Non-binary
- Trans
- Prefer not to answer
- Other (please specify: \_\_\_\_\_)

2. Race:

- Asian
- Black
- White
- Indigenous
- Prefer not to answer
- Other (please specify: \_\_\_\_\_)

3. Household Income:

- Less than \$30,000
- \$30,000 - \$59,999
- \$60,000 - \$89,999
- \$90,000 - \$119,999
- \$120,000 or more
- Prefer not to answer

4. Age:
- 18-24
  - 25-34
  - 35-44
  - 45-54
  - 55-64
  - 65 or older
  - Prefer not to answer
5. Geographic Location: (List Population Centres)
6. In relation to the activity in which you participated, were you
- An organizer       A participant only

### Section 3: Outcomes

Please indicate your level of agreement with the following statements. Choose only one response option for each question.

1. What motivated you to use the Tactical Guide? (Include some response options)
2. My participation in one or more activities inspired by the Tactical Guide provided me with new ideas for staying physically active/moving in my neighbourhood.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
3. Since participating in one or more activities inspired by the Tactical Guide, my perception of physical activity/moving in my neighbourhood has changed to something more manageable and doable.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
4. Because of my participation in one or more activities inspired by the Tactical Guide, I now see my neighbourhood as a space where I can engage in physical activity/movement.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree

5. Through the activities inspired by the Tactical Guide, I have gained knowledge about different spaces within my neighbourhood that can serve as potential places for physical activity/movement.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
  
6. The Tactical Guide helped me become more aware of resources within my community that can support my implementation of activities inspired by the Guide.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
  
7. As a result of participating in the activities inspired by the Tactical Guide, my actual physical activity/movement in my neighbourhood has increased.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
  
8. My desire to implement future activities within my neighbourhood has increased because of my participation in the pilot program.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
  
9. Participating in the activities inspired by the Tactical Guide has inspired me to alter physical space(s) within my neighbourhood to make my neighbourhood more conducive to physical activity/movement.
  - 1: Strongly Disagree
  - 2: Disagree
  - 3: Agree
  - 4: Strongly Agree
  
10. Describe the help, if any, that you received from your Municipal Physical Activity Leader (MPAL) or any other community organization in organizing and/or implementing any activities inspired by the Tactical Guide.
  
11. Any comments or feedback about your involvement with the activities inspired by the Tactical Guide? Please provide in the space provided.

Thank you for taking the time to complete this survey! Your feedback is invaluable in helping us evaluate the effectiveness of the Tactical Guide and its impact on physical activity in neighbourhoods. Your responses will contribute to our understanding and help us improve future initiatives.

Please press the submit button to complete the survey.