ONLINE QUESTIONNAIRE

WARNING: Please do not reply on this page. Access http://www.ensaios.org/inquerito1/ and enter the code of your municipality (you can copy and paste). Thank you!

1. Geographic Location (automatic)

2. Is there any programme aiming to enhance quality of life for elderly people in your municipality?
   - NO, YES

3. Please, indicate the number of existing programmes:
   *(Tables with questions 3.1 and 3.2 will be generated according to the number given)*

   3.1. Programme 1
   Title:
   Main Purpose:

   3.2. Is the programme related to physical activity / exercise?
   - NO, YES

   *(Based on the response to this question, the questionnaire continued to question 4 or skipped to the final online page -- using conditional branching)*

4. How long has the programme existed?
   - Less than 1 year, 1 year - less than 5 years, 5 years - less than 10 years, 10 years or more

5. For what age group is this programme intended? (Tick the boxes that most closely represent the intended lower and upper age limits.)
   Minimum: 55 years, 60 years, 65 years, 70 years, 75 years, 80 years, 90 years
6 – What is the average age of participants attending the programme (approximately)?

7 - How many activities are included in the programme?

   - 1, 2, 3, 4 +

8 – How many times per week is it possible for an individual to participate in the programme?

   - 1, 2, 3, 4 +

9 – Is the programme involved (or was) in quality initiatives (exp: programme certification)?

10 – Which organization delivers the programme?

   - Municipal Government, Municipal enterprises of sport, Other

11 – Please, specify the name of the organization which delivers the programme and indicate the name, role and contact information of the director/coordinate of the programme for possible future contacts.