

# Sample Employee Interest Survey

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## Employee Interest Survey Directions

1. Distribute the employee interest survey to all employees.
2. Designate a location and date for employees to return surveys anonymously.
3. Collect all completed surveys.
4. Tally the responses for each question on all surveys.
5. The response items with the most checkmarks will give you an indication of your employees' interests.
6. Share the results with employees so that they know their feedback was heard and taken seriously.

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## Employee Interest Survey

Thank you for completing this survey. Your responses will give us insight into the types of activities that interest you. Participation in this survey is voluntary, and you do not need to respond to any question(s) that you do not wish to answer.

The survey should take about five minutes to complete. We will use the information you provide to incorporate policies and environmental supports into our worksite to help support your individual health efforts.

1. Which of the following policy supports would be of interest to you if offered at the worksite? (Check all that apply.)

- Tobacco-free grounds
- Healthy food/drinks at meetings
- Paid time for physical activity
- Flexible work schedule
- Flexible dress code for physical activity
- Healthy food/drinks in vending machines
- Other \_\_\_\_\_
- Not interested in any of the above

2. Which of the following supports would be of interest to you if offered at the worksite? (Check all that would be of interest.)

- Company garden
- Discounted gym membership
- Tobacco cessation assistance
- Farmers market at work
- Walking paths around worksite
- Bicycle parking
- Prompts to take the stairs
- Not interested in any of the above
- Other \_\_\_\_\_

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## Employee Interest Survey (continued)

3. How would you prefer to receive information about employee health activities?  
(Check one.)

- Bulletin boards
- Email
- Memo
- Newsletter
- Paycheck stuffer
- Other \_\_\_\_\_
- Not interested in receiving information about health activities

4. Are you interested in participating in planning health programs and/or activities?

Yes  No

If yes, please provide your name and phone number so that we may follow up  
(Optional):

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