

## Instructions for Mapping

In the past, health was believed to be largely a consequence of a person's behaviour and choices. Recently, there has been a shift toward a more social ecological view of health. This approach to public health requires an examination of different levels of society, rather than just the individual. These levels are intrapersonal, interpersonal, community, organizational, policy. This tool is designed help gather information on those higher order levels (i.e. community, organizational, and policy) There are two sections to this mapping tool, one dealing with mapping at the local level and the other dealing with mapping at the regional level.

### Local Mapping

Local mapping is done on the ground floor level. It includes an in-depth survey of all of the food and physical activity venues in a predetermined area. This information is gathered by visiting each venue and completing the necessary forms. You will probably need to make copies of the forms before filling them out so that each venue has its own form or set of forms. Also, accompanying these forms are several matching indexes. Please record the name, type, and location of each of the venues that you have surveyed.

Food:

- ▶ Restaurants, Takeaways, Etc- For each venue please complete one form labelled "Restaurants, Takeaways, Etc.". This form is to be used for those venues where one would normally buy ready-to-eat food. In categorizing the different venues, we are concerned with their major function. For instance, if a place sells a couple of pies but is primarily a service station, then it would be categorized as a service station rather than a takeaway. At the top of each form, please write the name and location of each venue and circle yes/no for portion sizes and the venue type. Then, mark Y or N for **each** of the 18 food/beverage items listed. Under the comments section, please note if there is anything exceptional in regards to its display in the venue, availability, or price.
- ▶ Supermarkets, Dairies, Service Stations, Etc- There are nine forms that need to be completed for the larger dairies and supermarkets. only one for smaller venues. The first is similar to that for restaurant venues, without the question for portion sizes. Number 19 on this form asks whether or not alcohol is sold. If there is alcohol in the store, please circle the type(s) in the section below question 19. Under the comments section, please write notes regarding the location or availability for those items that require it. (Whether or not it is required depends on whether or not its availability or location is exceptional and is therefore a judgement call.) The following 8 forms are for price comparison between brands of milk, bread, drinks, sweeteners, spreads, chicken, beef, and snacks. (For the chicken and beef forms, please indicate whether or not the meat contains bones.) The 8 cost comparison forms only need to be filled out for supermarkets, large dairies, or other venues where people do their grocery shopping. **The cost comparison forms are not necessary for service stations, small dairies, or other venue where people do not buy groceries, etc.** For those small venues, please only fill out the first form. Don't forget to list the venue name, type, and location on each form. It is suggested that you keep the 9 forms stapled together. Under the comments section of the cost comparison sheets, please write about the availability, accessibility, and location of the healthy food/beverage choice relative to the unhealthy choice.
- ▶ Alcohol Stores- Despite the fact that alcohol is not being targeted by our 12 messages, we realize it may be a source of calories and may have a large effect on some people's health and on community health as well. There is one form, labelled "Alcohol Stores", which needs to be completed for each alcohol store in your community. Please write the name and location at the top of each form. Then circle either yes or no to indicate whether or not it is readily accessible by public transportation. Finally, under the comments section, please describe the prominence of the

venue in your community. For example; Are there large signs, bright lights, etc? Is it located on a major street? Is it difficult to find?

- ▶ Availability- Each community only needs to fill out one of these forms and it should be done after completing all of the forms above. This is to give us an impression of the **overall** availability and variety of healthy food **in your area, not for a specific venue**. There are a couple of blank spaces which you can write in foods that you have found or foods that you think you should have found. For availability, please mark either Y or N. If it is somewhere in the middle, i.e. available only sometimes, please describe its availability in the comments section at the bottom of the page. For rating the variety of brands for the listed healthy options, also note the variety of brands for the comparable unhealthy options. For instance, if there are a few brands of low cholesterol spread but a few brands of butter as well, please note it next to the item.

#### Physical Activity:

- ▶ Physical Activity Venue- Each venue requires one form, which is labelled “Physical Activity Venues (pools, parks, gyms, beach, paths, etc)”. Please write the venue’s name, type, and location at the top of the page. For each of the 11 items, indicate (by marking Y or N) whether or not it applies to the venue. If the item is applicable to the venue, please list the details in the comments section. For example, if one venue in your community is a pool that has hours of operation then please write those hours in the comments section or if another venue in your community is a park which does not have hours of operation then please mark N for no.
- ▶ Local Physical Activity Group- Each group that you find requires one form. For the purposes of this survey, an activity group is defined as any number of people that gather regularly for exercise, whether or not they are official, have members, or contact details. Because this definition is broad, all of the groups that you might encounter will not fit perfectly into this form. Therefore, please complete each form as best you can. What does not fit into the form can be written in the comments section provided.
- ▶ Possible Physical Activity Venue- A possible physical activity venue is defined as any venue for physical activity that, for one reason or another, is not open to the public. Examples of such are school facilities, business facilities, and hotel facilities. For each possible venue, please fill out 1 form. In the spaces provided, please list the venue’s name, location, and the organization that oversees the facility. Next, please describe why the venue is not currently open to the public and then indicate which activities would be appropriate for the venue.

### **Regional Mapping**

Regional mapping is done at a higher level. For example, rather than surveying each venue for elevators, escalators, and stairs, companies will be contacted and surveyed as to where their products are located and how well the stairs are labelled. This section of mapping will extend and build on the local mapping, especially with regards to the policy and organizational levels. We realize that vending machines can have a negative impact on health, and thus should be included in this survey. However, we have decided to undertake that survey at a later date.

- ▶ Local Government Plans- Local government policies and community development initiatives can have large affects on the businesses, people, and life in the community. For example, an anti-smoking policy that impact smokers may also affect the community as a whole through influencing its definition and idea of health. Because these policies can have such far reaching affects, we must also document new policies and policy changes. Possible sources of information are: website, newspapers

- ▶ Elevator/Escalators- The intention of this section is to compile a list of all of the elevators and escalators in the project area. In addition to the presence of elevators or escalators, we are also interested in whether or not the stairs are well marked, noticeable, and easily accessible. Possible sources of information are safety inspectors, companies, and the building managers themselves.

## Index for Supermarkets, Dairies, Service Stations, etc

	<i>Name</i>	<i>Venue Type</i>	<i>Address</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
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<i>19</i>			
<i>20</i>			
<i>21</i>			
<i>22</i>			
<i>23</i>			

## Supermarkets, Dairies, Service Stations, Etc.

Name of Venue: \_\_\_\_\_

Location: \_\_\_\_\_

Type of venue (*circle all that apply*):

Supermarket          Dairy          Service Station          Butcher

Other: \_\_\_\_\_

**Comments**  
(regarding availability,  
in-store location, etc)

<b>1</b>	Low fat milk	<input type="checkbox"/>	<input type="checkbox"/>
<b>2</b>	Low cholesterol spreads	<input type="checkbox"/>	<input type="checkbox"/>
<b>3</b>	Low calorie muffins	<input type="checkbox"/>	<input type="checkbox"/>
<b>4</b>	Low calorie yoghurt	<input type="checkbox"/>	<input type="checkbox"/>
<b>5</b>	Low calorie ice cream	<input type="checkbox"/>	<input type="checkbox"/>
<b>6</b>	Fresh/Canned (in own juices) fruit	<input type="checkbox"/>	<input type="checkbox"/>
<b>7</b>	Fresh/Canned vegetables	<input type="checkbox"/>	<input type="checkbox"/>
<b>8</b>	Lean cuts of meats	<input type="checkbox"/>	<input type="checkbox"/>
<b>9</b>	Sugar Free drinks	<input type="checkbox"/>	<input type="checkbox"/>
<b>10</b>	Salads	<input type="checkbox"/>	<input type="checkbox"/>
<b>11</b>	Diet Drinks	<input type="checkbox"/>	<input type="checkbox"/>
<b>12</b>	Water	<input type="checkbox"/>	<input type="checkbox"/>
<b>13</b>	High fibre cereals	<input type="checkbox"/>	<input type="checkbox"/>
<b>14</b>	Whole meal pasta	<input type="checkbox"/>	<input type="checkbox"/>
<b>15</b>	Baked potato w/o butter	<input type="checkbox"/>	<input type="checkbox"/>
<b>16</b>	Whole meal bread	<input type="checkbox"/>	<input type="checkbox"/>
<b>17</b>	Canned fish <b>in water</b>	<input type="checkbox"/>	<input type="checkbox"/>
<b>18</b>	Vending Machine (outside)	<input type="checkbox"/>	<input type="checkbox"/>

<b>19</b>	Alcohol	<input type="checkbox"/>	<input type="checkbox"/>
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**If yes, please circle all that are available:**

beer          liquor          wine          RTDs          other

### Index for Takeaways, Eat-in, Restaurants, etc

	<i>Name</i>	<i>Venue Type</i>	<i>Address</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
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<i>21</i>			
<i>22</i>			
<i>23</i>			

## Overall Availability of Healthy Food Options In Your Community

Please rate the overall availability and variety of the items listed below. This is for your community as a whole, NOT for each food venue.

Product	Availability?		Variety of Brands 1=none, 2=few, 3=average, 4=many, 5=heaps				
Trim/Green Milk	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Light blue milk	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Low cholesterol spread	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Low fat yoghurt	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Whole meal bread	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Diet drinks	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Low fat cuts of meat	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Fruit	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Green Vegetables	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Water	<input type="checkbox"/> Y	<input type="checkbox"/> Y	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
Eggs	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
	<input type="checkbox"/> Y	<input type="checkbox"/> N	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

**Comments regarding availability and variety:** (for example, are they always available?, available but expensive?, is the variety for healthy options different from unhealthy ones, etc)

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

**Milk**

Dark Blue/Silver (cream) Milk:

Trim/Green Milk:

\_\_\_\_\_  
brand            quantity            cost

**What sizes of flavoured/ sweetened milk are available? (circle all that apply):**  
**Not available            less than 1L            1L            2L**

**Comments regarding availability, access, location in store, location relative to each other:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

**Bread**

White bread:

Whole meal bread:

brand            quantity            cost

**Comments regarding availability, access, location in store, location relative to each other:**

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

### Drinks

Still/Fizzy Sugary Drink (eg Coke, Lift):

Bottled water:

\_\_\_\_\_  
brand            quantity            cost

**Comments regarding availability, access, location in store, location relative to each other:**

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

### Spreads

Butter:

Low cholesterol spread (e.g. Olivio):

brand            quantity            cost

**Comments regarding availability, access, location in store, location relative to each other:**

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

**Sweetener**

Sugar:

Sugar Substitute (e.g. Splenda):

brand quantity cost

**Comments regarding availability, access, location in store, location relative to each other:**

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

⇒ Please write either Y for yes or N for no depending on whether or not there the chicken contains bones.

**Beef**

Regular:

Trim Beef:

\_\_\_\_\_  
brand cost per 1kg bones?

Comments regarding availability, access, location in store, location relative to each other:

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

⇒ Please write either Y for yes or N for no depending on whether or not there the chicken contains bones.

### Chicken

Chicken with skin:

Chicken without skin:

\_\_\_\_\_  
brand cost per 1kg bones?

Comments regarding availability, access, location in store, location relative to each other:

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Name of Venue: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

### Snacks

Unhealthy Snacks (eg chips, lollies, etc):

Healthy Snacks (eg nuts, fruits, etc):

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brand/type                      quantity                      cost

**Comments regarding availability, access, location in store, location relative to each other:**

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## Restaurants, Takeaways, Etc.

Name of Venue: \_\_\_\_\_

Location: \_\_\_\_\_

Portion sizes available (*circle one*):            YES            NO

Type of Venue (*circle all that apply*):

Fast Food            Takeaway            Dine-in            Tea Room            RSA

Other: \_\_\_\_\_

### Comments

<b>1</b>	Low fat milk	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>2</b>	Low cholesterol spreads	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>3</b>	Low calorie muffins	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>4</b>	Low calorie yoghurt	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>5</b>	Low calorie ice cream	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>6</b>	fruit	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>7</b>	grilled/steamed vegetables	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>8</b>	grilled/BBQ meats	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>9</b>	grilled seafood	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>10</b>	salads	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>11</b>	diet drinks	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>12</b>	water	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>13</b>	high fibre cereals	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>14</b>	poached/boiled eggs	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>15</b>	baked potato w/o butter	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>16</b>	whole meal bread	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>17</b>	canned fish <b>in water</b>	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>18</b>	Alcohol	<input type="checkbox"/> Y	<input type="checkbox"/> N

## Index for Alcohol Stores

	<i>Name</i>	<i>Venue Type</i>	<i>Address</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
<i>8</i>			
<i>9</i>			
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<i>16</i>			
<i>17</i>			
<i>18</i>			
<i>19</i>			
<i>20</i>			
<i>21</i>			
<i>22</i>			
<i>23</i>			

# Alcohol Stores

Name: \_\_\_\_\_

Location: \_\_\_\_\_

**Readily accessible by public transportation:**                      **Yes**                      **No**

<b>1</b>	Light beer	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>2</b>	Water	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>3</b>	Diet drinks	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>4</b>	Sugar free drinks	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>5</b>	Canned (in own juices)/fresh fruit	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>6</b>	Low calorie yoghurt	<input type="checkbox"/> Y	<input type="checkbox"/> N
<b>7</b>	Nuts	<input type="checkbox"/> Y	<input type="checkbox"/> N

**Comments regarding the venue:**

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## Index for Physical Activity Groups

	<i>Name</i>	<i>Venue Type</i>	<i>Address</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
<i>8</i>			
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<i>18</i>			
<i>19</i>			
<i>20</i>			
<i>21</i>			
<i>22</i>			
<i>23</i>			



## Index for Physical Activity Venues

	<i>Name</i>	<i>Venue Type</i>	<i>Address</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
<i>8</i>			
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<i>17</i>			
<i>18</i>			
<i>19</i>			
<i>20</i>			
<i>21</i>			
<i>22</i>			
<i>23</i>			

## Physical Activity Venues (pools, parks, gyms, beach, paths, etc)

Name: \_\_\_\_\_ Type: \_\_\_\_\_

Location: \_\_\_\_\_

### ***Possible Barriers to use*** (mark Y if present and N if not present):

<b>1</b>	<b>Cost</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>2</b>	<b>Opening hours</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>3</b>	<b>Child Care</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>4</b>	<b>Location (easily accessible)</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>5</b>	<b>Cultural Barriers</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>6</b>	<b>Whanau Welcomed</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>7</b>	<b>Difficulties for older people</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>8</b>	<b>Difficulties for younger people</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>9</b>	<b>Difficulties for men</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>10</b>	<b>Difficulties for women</b>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If present, comments/description:				

<b>11</b>	<b>Other issues:</b>			
	Safety	<input type="checkbox"/>	<input type="checkbox"/>	Not Applicable
	Stairs	<input type="checkbox"/>	<input type="checkbox"/>	Not Applicable
	Lighting	<input type="checkbox"/>	<input type="checkbox"/>	Not Applicable

## Index for Possible Physical Activity Venues

	<i>Name</i>	<i>Venue Type</i>	<i>Address</i>
<i>1</i>			
<i>2</i>			
<i>3</i>			
<i>4</i>			
<i>5</i>			
<i>6</i>			
<i>7</i>			
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<i>18</i>			
<i>19</i>			
<i>20</i>			
<i>21</i>			
<i>22</i>			
<i>23</i>			

# Possible Physical Activity Venues

(e.g. school facilities, work facilities, etc)

Name: \_\_\_\_\_

Caretaking Organization: \_\_\_\_\_

Location: \_\_\_\_\_

Reason Not Opened to the Public: \_\_\_\_\_

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## *Possible Physical Activities:*

aqua aerobics	<input type="checkbox"/> Y	<input type="checkbox"/> N
basketball/netball	<input type="checkbox"/> Y	<input type="checkbox"/> N
boating	<input type="checkbox"/> Y	<input type="checkbox"/> N
cardio machines	<input type="checkbox"/> Y	<input type="checkbox"/> N
cycling	<input type="checkbox"/> Y	<input type="checkbox"/> N
dance	<input type="checkbox"/> Y	<input type="checkbox"/> N
lawn bowling	<input type="checkbox"/> Y	<input type="checkbox"/> N
line dancing	<input type="checkbox"/> Y	<input type="checkbox"/> N
rugby/soccer field	<input type="checkbox"/> Y	<input type="checkbox"/> N
space self lead group fitness class	<input type="checkbox"/> Y	<input type="checkbox"/> N
swimming	<input type="checkbox"/> Y	<input type="checkbox"/> N
track	<input type="checkbox"/> Y	<input type="checkbox"/> N
walking area	<input type="checkbox"/> Y	<input type="checkbox"/> N
weights	<input type="checkbox"/> Y	<input type="checkbox"/> N
yoga class	<input type="checkbox"/> Y	<input type="checkbox"/> N

## Possible Physical Activity Venues

(e.g. school facilities, work facilities, etc)

**Name:** \_\_\_\_\_

**Caretaking Organization:** \_\_\_\_\_

**Location:** \_\_\_\_\_

**Reason Not Opened to the Public:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_