The following questions will provide us with background information.

1. What is your date of birth?  

2. What is your zip code?  

3. Today, how many people live in your household (including yourself)?  

4. Are you:  ○ Female  ○ Male ?  

5. Are you of Hispanic, Latino, or Spanish origin?  
   ○ Yes  
   ○ No  
   ○ Unknown  

6. What is your race? (Mark all that apply.)  
   ○ American Indian or Alaska Native  
   ○ Asian or Asian-American  
   ○ Black or African-American  
   ○ Hawaiian Native or Pacific Islander  
   ○ White or Caucasian  
   ○ Other _______________________  

Please turn this paper over and fill out the other side.
First Session Survey (continued)

Please mark the circle that tells us how sure you are that you can do the following activities.

How sure are you that:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Very sure</th>
<th>Sure</th>
<th>Somewhat sure</th>
<th>Not at all sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I can find a way to get up if I fall</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I can find a way to reduce falls</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. I can protect myself if I fall</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. I can increase my physical strength</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. I can become more steady on my feet</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

During the last 4 weeks, to what extent has your concern about falling interfered with your normal social activities with family, friends, neighbors or groups?

- Extremely
- Quite a bit
- Moderately
- Slightly
- Not at all

Mark **ONLY ONE CIRCLE** to tell us how much you are walking or exercising now.

- I do not exercise or walk regularly now, and I do not intend to start.
- I do not exercise or walk regularly, but I have been thinking of starting.
- I am trying to start to exercise or walk.
- I have exercised or walked infrequently for over a month.
- I am doing moderate exercise less than 3 times per week.
- I have been doing moderate exercise 3 or more times per week.