

SHOWCARD 1

A	I'm fluent in Welsh
B	I can speak a fair amount of Welsh
C	I can only speak a little Welsh
D	I can say just a few words

SHOWCARD 1

A	I'm fluent in Welsh
B	I can speak a fair amount of Welsh
C	I can only speak a little Welsh
D	I can say just a few words

SHOWCARD 2

A	Daily
B	Weekly
C	Less often
D	Never

SHOWCARD 2

A	Daily
B	Weekly
C	Less often
D	Never

SHOWCARD 3

A	American football	P	Road running /Cross country
B	Archery	Q	Rounders
C	Athletics (track or field) (outdoor)	R	Rugby league
D	Baseball	S	Rugby union
E	Basketball (outdoor)	T	Rugby – touch or tag rugby
F	Bowls (outdoor)	U	Softball
G	Cricket (outdoor)	V	Street hockey
H	Diving (outdoor)	W	Swimming (outdoor)
I	Football (outdoor)	X	Tai Chi (outdoor)
J	Gaelic sports	Y	Target / Clay Pigeon Shooting (outdoor)
K	Golf (inc. pitch and putt)	Z	Tennis (outdoor)
L	Hockey (outdoor)	AA	Triathlon
M	Jogging	AB	Tug-Of-War
N	Lacrosse	AC	Volleyball (outdoor)
O	Netball (outdoor)		

SHOWCARD 3

A	American football	P	Road running /Cross country
B	Archery	Q	Rounders
C	Athletics (track or field) (outdoor)	R	Rugby league
D	Baseball	S	Rugby union
E	Basketball (outdoor)	T	Rugby – touch or tag rugby
F	Bowls (outdoor)	U	Softball
G	Cricket (outdoor)	V	Street hockey
H	Diving (outdoor)	W	Swimming (outdoor)
I	Football (outdoor)	X	Tai Chi (outdoor)
J	Gaelic sports	Y	Target / Clay Pigeon Shooting (outdoor)
K	Golf (inc. pitch and putt)	Z	Tennis (outdoor)
L	Hockey (outdoor)	AA	Triathlon
M	Jogging	AB	Tug-Of-War
N	Lacrosse	AC	Volleyball (outdoor)
O	Netball (outdoor)		

SHOWCARD 4

A	Athletics (track or field) (indoor)
B	Badminton
C	Basketball (indoor)
D	Billiards
E	Bowls (indoor)
F	Short-mat bowls (indoor)
G	Bowling (tenpin)
H	Boxing
I	Cheerleading
J	Climbing (indoor)
K	Competitive Weight Lifting
L	Cricket (indoor)
M	Curling
N	Darts
O	Diving (indoor)
P	Fencing
Q	Football – indoor
R	Football – futsal
S	Gymnastics
T	Handball
U	Hockey (indoor)
V	Ice Hockey
W	Ice Skating
X	Netball (indoor)
Y	Pool
Z	Roller Skating (indoor)
AA	Skateboarding (indoor)
AB	Skittles
AC	Snooker
AD	Squash
AE	Swimming (indoor)
AF	Table Tennis

AG	Target Shooting (indoor)
AH	Tennis (indoor)
AI	Trampolining
AJ	Volleyball (indoor)
AK	Water polo
AL	Wrestling
	MARTIAL ARTS
AM	Judo
AN	Karate
AO	Taekwondo
AP	Tai Chi (indoor)
AQ	Other Martial Arts (please specify)
	FITNESS SESSIONS
AR	Toning activities
AS	Weight training for fitness
AT	Body building
AU	Circuit training
AV	Exercise bike / Exercise machine / Step machine
AW	Keepfit / Dance exercise / Aerobics
AX	Yoga / Pilates
AY	Other fitness sessions (please specify)
	DANCE
AZ	Breakdancing
BA	Disco dancing
BB	Folk Dancing / Line Dancing
BC	Hip-hop
BD	Street dance
BE	Other dance (please specify)

SHOWCARD 4

A	Athletics (track or field) (indoor)
B	Badminton
C	Basketball (indoor)
D	Billiards
E	Bowls (indoor)
F	Short-mat bowls (indoor)
G	Bowling (tenpin)
H	Boxing
I	Cheerleading
J	Climbing (indoor)
K	Competitive Weight Lifting
L	Cricket (indoor)
M	Curling
N	Darts
O	Diving (indoor)
P	Fencing
Q	Football – indoor
R	Football – futsal
S	Gymnastics
T	Handball
U	Hockey (indoor)
V	Ice Hockey
W	Ice Skating
X	Netball (indoor)
Y	Pool
Z	Roller Skating (indoor)
AA	Skateboarding (indoor)
AB	Skittles
AC	Snooker
AD	Squash
AE	Swimming (indoor)
AF	Table Tennis

AG	Target Shooting (indoor)
AH	Tennis (indoor)
AI	Trampolining
AJ	Volleyball (indoor)
AK	Water polo
AL	Wrestling
	MARTIAL ARTS
AM	Judo
AN	Karate
AO	Taekwondo
AP	Tai Chi (indoor)
AQ	Other Martial Arts (please specify)
	FITNESS SESSIONS
AR	Toning activities
AS	Weight training for fitness
AT	Body building
AU	Circuit training
AV	Exercise bike / exercise machine / step machine
AW	Keepfit / dance exercise / aerobics
AX	Yoga / pilates
AY	Other fitness sessions (please specify)
	DANCE
AZ	Breakdancing
BA	Disco dancing
BB	Folk Dancing / Line Dancing
BC	Hip-hop
BD	Street dance
BE	Other dance (please specify)

SHOWCARD 5

A	BMX	P	Mountaineering / Rock climbing
B	Canoeing	Q	Orienteering
C	Car Rallying	R	Rambling / Hill & fell walking
D	Caving	S	Rollerblading / In-line skating
E	Climbing (outdoor)	T	Rowing
F	Cycling	U	Sailing
G	Fishing / Angling	V	Skateboarding (outdoor)
H	Game Shooting	W	Skiing
I	Hang Gliding	X	Snowboarding
J	Horse Riding / Jumping	Y	Sub Aqua
K	Karting / Motor racing	Z	Surfing
L	Kayaking	AA	Walking (over 2 miles)
M	Lifesaving / Surf lifesaving	AB	Water skiing
N	Moto Cross / Scrambling	AC	Wind surfing or Boardsurfing
O	Mountain biking	AD	Yachting

SHOWCARD 5

A	BMX	P	Mountaineering / Rock climbing
B	Canoeing	Q	Orienteering
C	Car Rallying	R	Rambling / Hill & fell walking
D	Caving	S	Rollerblading / In-line skating
E	Climbing (outdoor)	T	Rowing
F	Cycling	U	Sailing
G	Fishing / Angling	V	Skateboarding (outdoor)
H	Game Shooting	W	Skiing
I	Hang Gliding	X	Snowboarding
J	Horse Riding / Jumping	Y	Sub Aqua
K	Karting / Motor racing	Z	Surfing
L	Kayaking	AA	Walking (over 2 miles)
M	Lifesaving / Surf lifesaving	AB	Water skiing
N	Moto Cross / Scrambling	AC	Wind surfing or Boardsurfing
O	Mountain biking	AD	Yachting

SHOWCARD 6

A	I'm too old
B	I'm not fit enough
C	It costs too much
D	There is a lack of facilities or clubs in my area
E	Too far / difficult to travel to clubs / facilities
F	I'm not confident enough
G	I don't think I'm good enough at sport
H	Clubs / facilities do not cater for my level of ability
I	Too busy at work
J	Family commitments
K	Too much effort / can't be bothered
L	Haven't got around to it yet
M	Would rather spend my leisure time doing other things
N	Just not interested in any form of sport / physical activity
O	I don't see any benefits in taking part in sport / physical activity
P	No one to go with
Q	There is no Welsh language activity provision in my area
R	I've never been asked to take part
S	I don't know where to go (and learn)
T	Lack of coaching available
U	People who run clubs are unfriendly
V	I don't have the necessary minimum skill base / competency
W	I feel embarrassed playing sport
X	I have a disability, illness or injury that prevents me from taking part
Y	Facilities are not good enough
Z	The activities I take part in take place at other times of the year

SHOWCARD 6

A	I'm too old
B	I'm not fit enough
C	It costs too much
D	There is a lack of facilities or clubs in my area
E	Too far / difficult to travel to clubs / facilities
F	I'm not confident enough
G	I don't think I'm good enough at sport
H	Clubs / facilities do not cater for my level of ability
I	Too busy at work
J	Family commitments
K	Too much effort / can't be bothered
L	Haven't got around to it yet
M	Would rather spend my leisure time doing other things
N	Just not interested in any form of sport / physical activity
O	I don't see any benefits in taking part in sport / physical activity
P	No one to go with
Q	There is no Welsh language activity provision in my area
R	I've never been asked to take part
S	I don't know where to go (and learn)
T	Lack of coaching available
U	People who run clubs are unfriendly
V	I don't have the necessary minimum skill base / competency
W	I feel embarrassed playing sport
X	I have a disability, illness or injury that prevents me from taking part
Y	Facilities are not good enough
Z	The activities I take part in take place at other times of the year

SHOWCARD 7

A	American football
B	Archery
C	Athletics (track or field) (outdoor)
D	Baseball
E	Basketball (outdoor)
F	Bowls (outdoor)
G	Cricket (outdoor)
H	Diving (outdoor)
I	Football (outdoor)
J	Gaelic sports
K	Golf (inc. pitch and putt)
L	Hockey (outdoor)
M	Jogging
N	Lacrosse
O	Netball (outdoor)

P	Road running / Cross country
Q	Rounders
R	Rugby league
S	Rugby union
T	Rugby – touch or tag rugby
U	Softball
V	Street hockey
W	Swimming (outdoor)
X	Tai Chi (outdoor)
Y	Target / Clay Pigeon Shooting (outdoor)
Z	Tennis (outdoor)
AA	Triathlon
AB	Tug-Of-War
AC	Volleyball (outdoor)

SHOWCARD 7

A	American football	P	Road running / Cross country
B	Archery	Q	Rounders
C	Athletics (track or field) (outdoor)	R	Rugby league
D	Baseball	S	Rugby union
E	Basketball (outdoor)	T	Rugby – touch or tag rugby
F	Bowls (outdoor)	U	Softball
G	Cricket (outdoor)	V	Street hockey
H	Diving (outdoor)	W	Swimming (outdoor)
I	Football (outdoor)	X	Tai Chi (outdoor)
J	Gaelic sports	Y	Target / Clay Pigeon Shooting (outdoor)
K	Golf (inc. pitch and putt)	Z	Tennis (outdoor)
L	Hockey (outdoor)	AA	Triathlon
M	Jogging	AB	Tug-Of-War
N	Lacrosse	AC	Volleyball (outdoor)
O	Netball (outdoor)		

SHOWCARD 8

A	Athletics (track or field) (indoor)	AG	Target Shooting (indoor)
B	Badminton	AH	Tennis (indoor)
C	Basketball (indoor)	AI	Trampolining
D	Billiards	AJ	Volleyball (indoor)
E	Bowls (indoor)	AK	Water polo
F	Short-mat bowls (indoor)	AL	Wrestling
G	Bowling (tenpin)		
H	Boxing		MARTIAL ARTS
I	Cheerleading	AM	Judo
J	Climbing (indoor)	AN	Karate
K	Competitive Weight Lifting	AO	Taekwondo
L	Cricket (indoor)	AP	Tai Chi (indoor)
M	Curling	AQ	Other Martial Arts (please specify)
N	Darts		
O	Diving (indoor)		FITNESS SESSIONS
P	Fencing	AR	Toning activities
Q	Football – indoor	AS	Weight training for fitness
R	Football – futsal	AT	Body building
S	Gymnastics	AU	Circuit training
T	Handball	AV	Exercise bike / Exercise machine / Step machine
U	Hockey (indoor)	AW	Keepfit / Dance exercise / Aerobics
V	Ice Hockey	AX	Yoga / Pilates
W	Ice Skating	AY	Other fitness sessions (please specify)
X	Netball (indoor)		
Y	Pool		DANCE
Z	Roller Skating (indoor)	AZ	Breakdancing
AA	Skateboarding (indoor)	BA	Disco dancing
AB	Skittles	BB	Folk Dancing / Line Dancing
AC	Snooker	BC	Hip-hop
AD	Squash	BD	Street dance
AE	Swimming (indoor)	BE	Other dance (please specify)
AF	Table Tennis		

SHOWCARD 8

A	Athletics (track or field) (indoor)	AG	Target Shooting (indoor)
B	Badminton	AH	Tennis (indoor)
C	Basketball (indoor)	AI	Trampolining
D	Billiards	AJ	Volleyball (indoor)
E	Bowls (indoor)	AK	Water polo
F	Short-mat bowls (indoor)	AL	Wrestling
G	Bowling (Tenpin)		
H	Boxing		MARTIAL ARTS
I	Cheerleading	AM	Judo
J	Climbing (indoor)	AN	Karate
K	Competitive Weight Lifting	AO	Taekwondo
L	Cricket (indoor)	AP	Tai Chi (indoor)
M	Curling	AQ	Other Martial Arts (please specify)
N	Darts		
O	Diving (indoor)		FITNESS SESSIONS
P	Fencing	AR	Toning activities
Q	Football – indoor	AS	Weight training for fitness
R	Football – futsal	AT	Body building
S	Gymnastics	AU	Circuit training
T	Handball	AV	Exercise bike / Exercise machine / Step machine
U	Hockey (indoor)	AW	Keepfit / Dance exercise / Aerobics
V	Ice Hockey	AX	Yoga / Pilates
W	Ice Skating	AY	Other fitness sessions (please specify)
X	Netball (indoor)		
Y	Pool		DANCE
Z	Roller Skating (indoor)	AZ	Breakdancing
AA	Skateboarding (indoor)	BA	Disco dancing
AB	Skittles	BB	Folk Dancing / Line Dancing
AC	Snooker	BC	Hip-hop
AD	Squash	BD	Street dance
AE	Swimming (Indoor)	BE	Other dance (please specify)
AF	Table Tennis		

SHOWCARD 9

A	BMX	P	Mountaineering / Rock climbing
B	Canoeing	Q	Orienteering
C	Car Rallying	R	Rambling / Hill & fell walking
D	Caving	S	Rollerblading / In-line skating
E	Climbing (outdoor)	T	Rowing
F	Cycling	U	Sailing
G	Fishing / Angling	V	Skateboarding (outdoor)
H	Game Shooting	W	Skiing
I	Hang Gliding	X	Snowboarding
J	Horse Riding / Jumping	Y	Sub Aqua
K	Karting / Motor racing	Z	Surfing
L	Kayaking	AA	Walking (over 2 miles)
M	Lifesaving / Surf lifesaving	AB	Water skiing
N	Moto Cross / Scrambling	AC	Wind surfing or Boardsurfing
O	Mountain biking	AD	Yachting

SHOWCARD 9

A	BMX	P	Mountaineering / Rock climbing
B	Canoeing	Q	Orienteering
C	Car Rallying	R	Rambling / Hill & fell walking
D	Caving	S	Rollerblading / In-line skating
E	Climbing (outdoor)	T	Rowing
F	Cycling	U	Sailing
G	Fishing / Angling	V	Skateboarding (outdoor)
H	Game Shooting	W	Skiing
I	Hang Gliding	X	Snowboarding
J	Horse Riding / Jumping	Y	Sub Aqua
K	Karting / Motor racing	Z	Surfing
L	Kayaking	AA	Walking (over 2 miles)
M	Lifesaving / Surf lifesaving	AB	Water skiing
N	Moto Cross / Scrambling	AC	Wind surfing or Boardsurfing
O	Mountain biking	AD	Yachting

SHOWCARD 10

I set up the club	
A	I set up the club, on my own
B	I set up the club, with others
I joined the club as an adult	
C	I asked to join the club – I did not know any member(s) of the club before I joined
D	I asked to join the club – I knew member(s) of the club before I joined
E	I was asked if I would be interested in joining the club, by a member of my family
F	I was asked if I would be interested in joining the club, by a friend
G	I was asked if I would be interested in joining the club, by an acquaintance
H	I was asked if I would be interested in joining the club, by someone I did not know
I joined the club as a child	
I	I asked to join the club – I did not know any member(s) of the club before I joined
J	I asked to join the club – I knew member(s) of the club before I joined
K	I was asked if I would be interested in joining the club, by a member of my family
L	I was asked if I would be interested in joining the club, by a friend
M	I was asked if I would be interested in joining the club, by someone else at my school
N	I was asked if I would be interested in joining the club, by someone else, who was from the club
O	Other

SHOWCARD 10

I set up the club	
A	I set up the club, on my own
B	I set up the club, with others
I joined the club as an adult	
C	I asked to join the club – I did not know any member(s) of the club before I joined
D	I asked to join the club – I knew member(s) of the club before I joined
E	I was asked if I would be interested in joining the club, by a member of my family
F	I was asked if I would be interested in joining the club, by a friend
G	I was asked if I would be interested in joining the club, by an acquaintance
H	I was asked if I would be interested in joining the club, by someone I did not know
I joined the club as a child	
I	I asked to join the club – I did not know any member(s) of the club before I joined
J	I asked to join the club – I knew member(s) of the club before I joined
K	I was asked if I would be interested in joining the club, by a member of my family
L	I was asked if I would be interested in joining the club, by a friend
M	I was asked if I would be interested in joining the club, by someone else at my school
N	I was asked if I would be interested in joining the club, by someone else, who was from the club
O	Other

SHOWCARD 10A

A	I was too old
B	I was not fit enough
C	It cost too much
D	It was too far / difficult to travel to the club
E	Club did not cater to my level of ability
F	Too busy at work
G	Family commitments
H	I lost interest in the sport
I	I had an illness or injury that prevented me from taking part
J	I moved away from the area
K	I was asked to leave
L	The club was too competitive
M	The club was not competitive enough
N	The club was closed / no longer existed
O	The club stopped offering the activity I took part in
P	My friends left the club
Q	There was not enough of a social scene around the club
R	I didn't feel that the club wanted me to be there
S	The club was not flexible enough
T	The club required too much of my time
U	The sessions were at an inconvenient time
V	The facilities were not good enough
W	The people who ran the club were unfriendly
X	Not enough coaching / instruction
Y	The coaching / instruction was of poor quality
Z	Other (please specify)

SHOWCARD 10A

Reverse

A	I was too old
B	I was not fit enough
C	It cost too much
D	It was too far / difficult to travel to the club
E	Club did not cater to my level of ability
F	Too busy at work
G	Family commitments
H	I lost interest in the sport
I	I had an illness or injury that prevented me from taking part
J	I moved away from the area
K	I was asked to leave
L	The club was too competitive
M	The club was not competitive enough
N	The club was closed / no longer existed
O	The club stopped offering the activity I took part in
P	My friends left the club
Q	There was not enough of a social scene around the club
R	I didn't feel that the club wanted me to be there
S	The club was not flexible enough
T	The club required too much of my time
U	The sessions were at an inconvenient time
V	The facilities were not good enough
W	The people who ran the club were unfriendly
X	Not enough coaching / instruction
Y	The coaching / instruction was of poor quality
Z	Other (please specify)

SHOWCARD 11

A	American football
B	Archery
C	Athletics (track or field) (indoor)
D	Athletics (track or field) (outdoor)
E	Badminton
F	Baseball
G	Basketball (indoor)
H	Basketball (outdoor)
I	Billiards
J	BMX
K	Bowls (indoor)
L	Bowls (outdoor)
M	Bowling (tenpin)
N	Boxing
O	Canoeing
P	Car Rallying
Q	Caving
R	Cheerleading
S	Climbing – indoors
T	Climbing – outdoors
U	Competitive Weight Lifting
V	Cricket (indoor)
W	Cricket (outdoor)
X	Curling
Y	Cycling
Z	Darts
AA	Diving (indoor)
AB	Diving (outdoor)
AC	Fencing
AD	Fishing / Angling
AE	Football (indoor)
AF	Football (outdoor)
AG	Football (futsal)

AH	Gaelic sports
AI	Game Shooting
AJ	Golf (inc. pitch and putt)
AK	Gymnastics
AL	Handball
AM	Hang Gliding
AN	Hockey (indoor)
AO	Hockey (outdoor)
AP	Horse Riding / Jumping
AQ	Ice Hockey
AR	Ice Skating
AS	Jogging
AT	Karting / Motor racing
AU	Kayaking
AV	Lacrosse
AW	Lifesaving / Surf lifesaving
AX	Moto Cross / Scrambling
AY	Mountain biking
AZ	Mountaineering / Rock climbing
BA	Netball (indoor)
BB	Netball (outdoor)
BC	Orienteering
BD	Pool
BE	Rambling / Hill & fell walking
BF	Road running / Cross country
BG	Roller Skating (indoor)
BH	Rollerblading / In-line skating
BI	Rounders
BJ	Rowing
BK	Rugby league
BL	Rugby union
BM	Rugby – touch or tag rugby
BN	Sailing

SHOWCARD 11

Reverse

A	American football
B	Archery
C	Athletics (track or field) (indoor)
D	Athletics (track or field) (outdoor)
E	Badminton
F	Baseball
G	Basketball (indoor)
H	Basketball (outdoor)
I	Billiards
J	BMX
K	Bowls (indoor)
L	Bowls (outdoor)
M	Bowling (tenpin)
N	Boxing
O	Canoeing
P	Car Rallying
Q	Caving
R	Cheerleading
S	Climbing – indoors
T	Climbing – outdoors
U	Competitive Weight Lifting
V	Cricket (indoor)
W	Cricket (outdoor)
X	Curling
Y	Cycling
Z	Darts
AA	Diving (indoor)
AB	Diving (outdoor)
AC	Fencing
AD	Fishing / Angling
AE	Football (indoor)
AF	Football (outdoor)
AG	Football (futsal)

AH	Gaelic sports
AI	Game Shooting
AJ	Golf (inc. pitch and putt)
AK	Gymnastics
AL	Handball
AM	Hang Gliding
AN	Hockey (indoor)
AO	Hockey (outdoor)
AP	Horse Riding / Jumping
AQ	Ice Hockey
AR	Ice Skating
AS	Jogging
AT	Karting / Motor racing
AU	Kayaking
AV	Lacrosse
AW	Lifesaving / Surf lifesaving
AX	Moto Cross / Scrambling
AY	Mountain biking
AZ	Mountaineering / Rock climbing
BA	Netball (indoor)
BB	Netball (outdoor)
BC	Orienteering
BD	Pool
BE	Rambling / Hill & fell walking
BF	Road running / Cross country
BG	Roller Skating (indoor)
BH	Rollerblading / In-line skating
BI	Rounders
BJ	Rowing
BK	Rugby league
BL	Rugby union
BM	Rugby – touch or tag rugby
BN	Sailing

SHOWCARD 11

BO	Short Mat Bowls (indoor)
BP	Skateboarding (indoor)
BQ	Skateboarding (outdoor)
BR	Skiing
BS	Skittles
BT	Snooker
BU	Snowboarding
BV	Softball
BW	Squash
BX	Street hockey
BY	Sub Aqua
BZ	Surfing
CA	Swimming (indoor)
CB	Swimming (outdoor)
CC	Table Tennis
CD	Target Shooting (indoor)
CE	Target / Clay Pigeon Shooting (outdoor)
CF	Tennis (indoor)
CG	Tennis (outdoor)
CH	Trampolining
CI	Triathlon
CJ	Tug-Of-War
CK	Volleyball (indoor)
CL	Volleyball (outdoor)
CM	Walking (over 2 miles)
CN	Water polo
CO	Water skiing
CP	Wind surfing or Boardsurfing

CQ	Wrestling
CR	Yachting
	MARTIAL ARTS
CS	Judo
CT	Karate
CU	Taekwondo
CV	Tai Chi (indoor)
CW	Tai Chi (outdoor)
CX	Other Martial Arts (please specify)
	FITNESS SESSIONS
CY	Toning activities
CZ	Weight training for fitness
DA	Body building
DB	Circuit training
DC	Exercise bike / Exercise machine / Step machine
DD	Keepfit / Dance exercise / Aerobics
DE	Yoga / Pilates
DF	Other fitness sessions (please specify)
	DANCE
DG	Folk Dancing / Line Dancing
DH	Street dance
DI	Breakdancing
DJ	Hip-hop
DK	Disco dancing
DL	Other dance (please specify)

SHOWCARD 11 reverse

BO	Short Mat Bowls (indoor)
BP	Skateboarding (indoor)
BQ	Skateboarding (outdoor)
BR	Skiing
BS	Skittles
BT	Snooker
BU	Snowboarding
BV	Softball
BW	Squash
BX	Street hockey
BY	Sub Aqua
BZ	Surfing
CA	Swimming (indoor)
CB	Swimming (outdoor)
CC	Table Tennis
CD	Target Shooting (indoor)
CE	Target / Clay Pigeon Shooting (outdoor)
CF	Tennis (indoor)
CG	Tennis (outdoor)
CH	Trampolining
CI	Triathlon
CJ	Tug-Of-War
CK	Volleyball (indoor)
CL	Volleyball (outdoor)
CM	Walking (over 2 miles)
CN	Water polo
CO	Water skiing
CP	Wind surfing or Boardsurfing

CQ	Wrestling
CR	Yachting
	MARTIAL ARTS
CS	Judo
CT	Karate
CU	Taekwondo
CV	Tai Chi (indoor)
CW	Tai Chi (outdoor)
CX	Other Martial Arts (please specify)
	FITNESS SESSIONS
CY	Toning activities
CZ	Weight training for fitness
DA	Body building
DB	Circuit training
DC	Exercise bike / Exercise machine / Step machine
DD	Keepfit / Dance exercise / Aerobics
DE	Yoga / Pilates
DF	Other fitness sessions (please specify)
	DANCE
DG	Folk Dancing / Line Dancing
DH	Street dance
DI	Breakdancing
DJ	Hip-hop
DK	Disco dancing
DL	Other dance (please specify)

SHOWCARD 12

A	If I was younger
B	If I was fitter
C	If it cost less
D	If there were more facilities or clubs in my area
E	If it was easier to travel to clubs / facilities
F	If I was more confident
G	If I was better at sport
H	If clubs/facilities catered for my level of ability
I	If I was less busy at work
J	If I had fewer family commitments
K	If I could be bothered to make the effort
L	If I got around to doing it
M	If I prioritised it over other leisure activities
N	If I had someone to go with
O	If there was Welsh language activity provision in my area
P	If I was asked to take part
Q	If I knew where to go (and learn)
R	If there was coaching available
S	If people who run clubs were more friendly
T	If I had the necessary minimum skill base/competency
U	If I felt less embarrassed playing sport
V	If I didn't have a disability, illness or injury that prevents me from taking part
W	If facilities were improved
X	I would take part at a different time of year

SHOWCARD 12

A	If I was younger
B	If I was fitter
C	If it cost less
D	If there were more facilities or clubs in my area
E	If it was easier to travel to clubs / facilities
F	If I was more confident
G	If I was better at sport
H	If clubs/facilities catered for my level of ability
I	If I was less busy at work
J	If I had fewer family commitments
K	If I could be bothered to make the effort
L	If I got around to doing it
M	If I prioritised it over other leisure activities
N	If I had someone to go with
O	If there was Welsh language activity provision in my area
P	If I was asked to take part
Q	If I knew where to go (and learn)
R	If there was coaching available
S	If people who run clubs were more friendly
T	If I had the necessary minimum skill base/competency
U	If I felt less embarrassed playing sport
V	If I didn't have a disability, illness or injury that prevents me from taking part
W	If facilities were improved
X	I would take part at a different time of year

SHOWCARD 13

A	Level 5 (UKCC or equivalent)
B	Level 4 (UKCC or equivalent)
C	Level 3 (UKCC or equivalent)
D	Level 2 (UKCC or equivalent)
E	Level 1 (UKCC or equivalent)
F	Other qualification awarded by a Governing Body of Sport (please specify)
G	Health Walk Leader Award
H	Young Leader Award
I	Day Certificate in Sports Leadership
J	Other sports leadership award
K	Currently working towards a qualification
L	No qualification

SHOWCARD 13

Reverse

A	Level 5 (UKCC or equivalent)
B	Level 4 (UKCC or equivalent)
C	Level 3 (UKCC or equivalent)
D	Level 2 (UKCC or equivalent)
E	Level 1 (UKCC or equivalent)
F	Other qualification awarded by a Governing Body of Sport (please specify)
G	Health Walk Leader Award
H	Young Leader Award
I	Day Certificate in Sports Leadership
J	Other sports leadership award
K	Currently working towards a qualification
L	No qualification

SHOWCARD 14

A	Been to an amateur sporting event as a spectator
B	Been to a professional sporting event as a spectator
C	Been to a local authority-run leisure centre
D	Been to a private leisure or fitness centre
E	Visited the Countryside
F	Visited a park or country park
G	Visited the seaside or coast
H	Attended an arts event: a cinema, the theatre, ballet, opera or a concert
I	Participated in the arts (e.g. singing, dancing, playing music, acting, painting, sculpting)

SHOWCARD 14

A	Been to an amateur sporting event as a spectator
B	Been to a professional sporting event as a spectator
C	Been to a local authority-run leisure centre
D	Been to a private leisure or fitness centre
E	Visited the Countryside
F	Visited a park or country park
G	Visited the seaside or coast
H	Attended an arts event: a cinema, the theatre, ballet, opera or a concert
I	Participated in the arts (e.g. singing, dancing, playing music, acting, painting, sculpting)

SHOWCARD 15

A	Never true for me
B	Sometimes true for me
C	Always true for me

SHOWCARD 15

C	Always true for me
B	Sometimes true for me
A	Never true for me

SHOWCARD 16

A	Much better than most
B	A bit better than most
C	About average
D	A bit worse than most
E	Much worse than most

SHOWCARD 16

E	Much worse than most
D	A bit worse than most
C	About average
B	A bit better than most
A	Much better than most

SHOWCARD 17

0	Not at all satisfied
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	Completely satisfied

SHOWCARD 17

10	Completely satisfied
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Not at all satisfied

SHOWCARD 18

0	Not at all worthwhile
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	Completely worthwhile

SHOWCARD 18

10	Completely worthwhile
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Not at all worthwhile

SHOWCARD 19

0	Not at all happy
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	Completely happy

SHOWCARD 19

10	Completely happy
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Not at all happy

SHOWCARD 20

0	Not at all anxious
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	Completely anxious

SHOWCARD 20

10	Completely anxious
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Not at all anxious

SHOWCARD 21

0	Not at all satisfied
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	Completely satisfied

SHOWCARD 21

10	Completely satisfied
9	
8	
7	
6	
5	
4	
3	
2	
1	
0	Not at all satisfied

SHOWCARD 22

A	Earnings from employment or self-employment
B	Pension from a former employer
C	State Pension
D	Child Benefit
E	Income Support
F	Other State Benefits
G	Tax Credits
H	Employment Support Allowance (ESA)
I	Interest from savings etc.
J	Other kinds of regular allowance from outside the household
K	Other sources e.g. rent
L	No source of income

SHOWCARD 22

A	Earnings from employment or self-employment
B	Pension from a former employer
C	State Pension
D	Child Benefit
E	Income Support
F	Other State Benefits
G	Tax Credits
H	Employment Support Allowance (ESA)
I	Interest from savings etc.
J	Other kinds of regular allowance from outside the household
K	Other sources e.g. rent
L	No source of income

SHOWCARD 23

	WEEKLY	MONTHLY	ANNUAL
A	Up to £49	Up to £216	Up to £2,599
B	£50 up to £99	£217 up to £432	£2,600 up to £5,199
C	£100 up to £199	£433 up to £866	£5,200 up to £10,399
D	£200 up to £299	£867 up to £1,299	£10,400 up to £15,599
E	£300 up to £399	£1,300 up to £1,732	£15,600 up to £20,799
F	£400 up to £499	£1,733 up to £2,166	£20,800 up to £25,999
G	£500 up to £599	£2,167 up to £2,599	£26,000 up to £31,199
H	£600 up to £699	£2,600 up to £3,032	£31,200 up to £36,399
I	£700 up to £799	£3,033 up to £3,466	£36,400 up to £41,599
J	£800 up to £899	£3,467 up to £3,899	£41,600 up to £46,799
K	£900 up to £999	£3,900 up to £4,332	£46,800 up to £51,999
L	£1000 or more	£4,333 or more	£52,000 or more

SHOWCARD 23

	WEEKLY	MONTHLY	ANNUAL
A	Up to £49	Up to £216	Up to £2,599
B	£50 up to £99	£217 up to £432	£2,600 up to £5,199
C	£100 up to £199	£433 up to £866	£5,200 up to £10,399
D	£200 up to £299	£867 up to £1,299	£10,400 up to £15,599
E	£300 up to £399	£1,300 up to £1,732	£15,600 up to £20,799
F	£400 up to £499	£1,733 up to £2,166	£20,800 up to £25,999
G	£500 up to £599	£2,167 up to £2,599	£26,000 up to £31,199
H	£600 up to £699	£2,600 up to £3,032	£31,200 up to £36,399
I	£700 up to £799	£3,033 up to £3,466	£36,400 up to £41,599
J	£800 up to £899	£3,467 up to £3,899	£41,600 up to £46,799
K	£900 up to £999	£3,900 up to £4,332	£46,800 up to £51,999
L	£1000 or more	£4,333 or more	£52,000 or more

SHOWCARD 24

A	£52,000 up to £55,999
B	£56,000 up to £59,999
C	£60,000 up to £64,999
D	£65,000 up to £69,999
E	£70,000 up to £74,999
F	£75,000 up to £79,999
G	£80,000 up to £84,999
H	£85,000 up to £89,999
I	£90,000 up to £94,999
J	£95,000 up to £99,999
K	£100,000 or more

SHOWCARD 24

A	£52,000 up to £55,999
B	£56,000 up to £59,999
C	£60,000 up to £64,999
D	£65,000 up to £69,999
E	£70,000 up to £74,999
F	£75,000 up to £79,999
G	£80,000 up to £84,999
H	£85,000 up to £89,999
I	£90,000 up to £94,999
J	£95,000 up to £99,999
K	£100,000 or more

SHOWCARD 25

A	GCSE / O-level / CSE
B	Vocational qualifications (=NVQ1+2)
C	A-Level or equivalent (=NVQ3)
D	Bachelor Degree or equivalent (=NVQ4)
E	Masters / PhD or equivalent
F	Other
G	No formal qualifications
H	Still studying

SHOWCARD 25

A	GCSE / O-level / CSE
B	Vocational qualifications (=NVQ1+2)
C	A-Level or equivalent (=NVQ3)
D	Bachelor Degree or equivalent (=NVQ4)
E	Masters / PhD or equivalent
F	Other
G	No formal qualifications
H	Still studying

SHOWCARD 26

A	Welsh
B	English
C	Scottish
D	Northern Irish
E	British
F	Other (please specify)

SHOWCARD 26

A	Welsh
B	English
C	Scottish
D	Northern Irish
E	British
F	Other (please specify)

SHOWCARD 27

L	Heterosexual or Straight
W	Gay or lesbian
C	Bisexual
H	Other

SHOWCARD 27

L	Heterosexual or Straight
W	Gay or lesbian
C	Bisexual
H	Other

SHOWCARD 28

White	
A	Welsh/English/Scottish/Northern Irish/British
B	Irish
C	Gypsy or Irish Traveller
D	Any other White background (please specify)
Mixed/Multiple ethnic groups	
E	White and Black Caribbean
F	White and Black African
G	White and Asian
H	Any other Mixed/multiple ethnic background (please specify)
Asian/Asian British	
I	Indian
J	Pakistani
K	Bangladeshi
L	Chinese
M	Any other Asian background (please specify)
Black/African/Caribbean/Black British	
N	African
O	Caribbean
P	Any other Black/African/Caribbean background (please specify)
Other ethnic group	
Q	Arab
R	Any other ethnic group, please describe

SHOWCARD 28

Reverse

White	
A	Welsh/English/Scottish/Northern Irish/British
B	Irish
C	Gypsy or Irish Traveller
D	Any other White background (please specify)
Mixed/Multiple ethnic groups	
E	White and Black Caribbean
F	White and Black African
G	White and Asian
H	Any other Mixed/multiple ethnic background (please specify)
Asian/Asian British	
I	Indian
J	Pakistani
K	Bangladeshi
L	Chinese
M	Any other Asian background (please specify)
Black/African/Caribbean/Black British	
N	African
O	Caribbean
P	Any other Black/African/Caribbean background (please specify)
Other ethnic group	
Q	Arab
R	Any other ethnic group, please describe

SHOWCARD 29

A	No religion
B	Christian (all denominations)
C	Buddhist
D	Hindu
E	Jewish
F	Muslim
G	Sikh
H	Any other religion, please describe

SHOWCARD 29

A	No religion
B	Christian (all denominations)
C	Buddhist
D	Hindu
E	Jewish
F	Muslim
G	Sikh
H	Any other religion, please describe

SHOWCARD 30

A	School sports club (not including PE)
B	Swimming lessons outside of school time
C	Sports club outside of school time
D	Other organised sports session
E	Informally, with friends
F	Informally, with parent(s) / carer(s)
G	None of these

SHOWCARD 30

A	School sports club (not including PE)
B	Swimming lessons outside of school time
C	Sports club outside of school time
D	Other organised sports session
E	Informally, with friends
F	Informally, with parent(s) / carer(s)
G	None of these

SHOWCARD 31

A	I work mainly at or from home
B	Train
C	Bus, minibus or coach
D	Motorcycle, scooter or moped
E	Driving a car or van
F	A passenger in a car or van
G	Taxi
H	Bicycle
I	On foot

SHOWCARD 31

A	I work mainly at or from home
B	Train
C	Bus, minibus or coach
D	Motorcycle, scooter or moped
E	Driving a car or van
F	A passenger in a car or van
G	Taxi
H	Bicycle
I	On foot