



Brain Injury Association of Florida, Inc. Walking Buddies Project

Initial Senior Interview

Please print and bring this form with you to fill out with your walking companion at the initial interview. Upon completion, submit interview results online. Links to all Walking Buddies surveys and interviews are available online at: http://www.biaf.org/app/walking_buddies.html.

Date: _____

Senior Name: _____

Facility: _____

Student Name: _____

- How frequently do you walk for exercise?
Never Less than 2X mo At least 1X wk More than 1X wk Daily
- How long (time) are your walks?
Less than 10 minutes More than 10 minutes
- How far (distance) are your average walks?
Less than ¼ mile (brief) ¼ to 1 mile 1-2 miles 2-5 miles More than 5 miles
- With whom do you walk?
Alone Family member Friend Pet
- What is the Number 1 cause of traumatic brain injury? _____
- How often have you spent time with a person under the age of 25 in the last year?
6-12 months 1-6 months 1-4 weeks a few hours none
- If you have spent time with a person under age 25, what types of activities did you do during this time? (Circle as many as are applicable)
Exercised Talked Ate Advised Watched TV
Other _____
- Do you think spending time with students is worthwhile?
Yes No Maybe Sometimes Don't know
- What is the cure for traumatic brain injury? _____