

## Employee 'Pulse' Survey Questions

1. How have you been feeling over the past week out of 10? (1 being the lowest, 10 being the highest)
  - a) What made you feel this way?
2. How productive have you been in relation to work tasks over the past week? (1 being the lowest, 10 being the highest)
  - a) What made you more productive?
  - b) What made you less productive?
3. Before the current travel restrictions and social distancing requirements, I worked remotely \_\_\_\_% of the time (100% scale)
4. I am currently working remotely \_\_\_\_ % of my previous week/roster (100% scale)
5. I am currently working differently to previous work arrangement \_\_\_\_% of the week/roster (100% scale)
6. As a result of working differently, my wellbeing is: better/ worse/ about the same/ not applicable
  - a) Why?
7. As a result of working differently, my exercise and physical health is: better/ worse/ about the same/ not applicable
  - a) Why?
8. As a result of working differently, my consumption of less healthy food and drink options is: more/ less/ about the same/ not applicable
  - a) Why?
9. How would you score your company and manager in keeping you up to date with what is happening with your company as result of Coronavirus pandemic? (1 being the lowest, 10 being the highest)
  - a) What have they been doing well?
  - b) What could they do differently / better or more of?