

Activity Survey

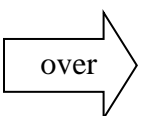
Thank you for filling out this survey! We want to learn about how sports and exercise fit into your life. This is not a test, and there are no right or wrong answers. Please answer all the questions by filling in the bubbles. If you have a question, ask the adult who is here to help you answer it.

First Name: _____ **Last Name:** _____

Date: _____ **Grade:** _____

Age: _____ **Male/Female (circle one)**

1. In the last 7 days during your physical education (PE) classes, how often did you push yourself to be **VERY ACTIVE** (playing hard, running, jumping, throwing, etc.)? Fill in **1** bubble.
 - I don't do PE
 - Hardly ever
 - Sometimes
 - Quite often
 - Always
2. In the last 7 days what do you most of the time at **RECESS**? Fill in **one** bubble.
 - I do not have recess
 - sat down (talking, reading, doing schoolwork)
 - stood around or walked around
 - ran or played a little bit
 - ran around and played quite hard
 - ran and played hard most of the time
3. **After-school**, in the last week, how many days- did you do sports, dance or play games in which you were very active. Fill in **one** bubble.
 - None
 - 1 time last week
 - 2 or 3 times last week
 - 4 times last week
 - 5 times last week
 - I usually do ____ times, but I was not able to last week because _____.
4. Over the **last weekend**, how many times did you do sports, dance or play games in which you were very active? Fill in **one** bubble.
 - none
 - 1 time
 - 2-3 times
 - 4 or more times
5. What do you do **MOST DAYS** after-school? Fill in **one** bubble.
 - Play a sport, dance or other physical activity (yoga, karate, etc.)
 - Go home, do homework, hang out with family
 - Go to an afterschool program
 - Go home, watch TV/play video games



5. For each of the next statements fill in the bubble that best describes what you are like. Thanks.

	Always/Very true for me	Sometimes/sort of true for me	Not at all or rarely true for me
a. I consider myself a good athlete	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I really enjoy exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. I believe I can accomplish my goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I make friends easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. If I start a project, I ALWAYS finish it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I feel confident about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. I get nervous when I meet people for the first time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I have good friends that I can depend on	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. When I work in a group I am comfortable being the leader	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. When learning new skills I tend to give up if it gets too hard	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. I sometimes feel awkward about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. I ask friends or family for help when needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. I wish I could change the way I look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. I feel valued and appreciated by others	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Sometimes I feel like I do not "fit in"	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. I am very outgoing and love meeting new people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. I wish I were smarter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. I am proud of myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If given the opportunity I would appreciate help/coaching with the following sports/activities:
(circle as many as you like)

Aerobics, Tennis, Dance, Tennis, Volleyball, Swimming, Baseball, Basketball, Skating, Biking,
Running, Hockey, OTHER: _____

THANK YOU FOR YOUR HELP!

