

## 5210+ Pre & Post-Survey

1.) School Name:

2.) Grade: \_\_\_\_\_

3.) I have taken this survey before.

- Yes
- No

4.) A balanced diet includes \_\_\_\_\_ servings of fruits and vegetables every day.

- 5 or more
- 4
- 2
- 1

5.) It is important to limit screen time (including TV and computer) to \_\_\_\_\_ every day.

- 4 hours
- 2 hours
- 1 hour
- 30 minutes

6.) Children need at least \_\_\_\_\_ physical activity/active play every day.

- 1 hour or more
- 30 minutes
- 15 minutes
- 0 (none)

7.) To stay healthy, limit the amount of sodas and sugar-sweetened beverages to \_\_\_\_\_ a day.

- 3
- 2
- 1
- 0

8.) To stay healthy, a person between the ages of 7-12 needs to sleep \_\_\_\_\_ hours each day.

- 7 hours or less
- 8 hours
- 9 hours
- 10-12 hours

9.) I usually eat \_\_\_\_\_ fruits and vegetables each day.

- 0-1
- 2-3
- 4
- 5 or more

10.) I usually watch TV, videos or play computer games (not for school work) \_\_\_\_\_ hours per day on school days.  
(Monday-Thursday)

- 0-1
- 2
- 3 or more

11.) I usually watch TV, videos or play computer games (not for school work) \_\_\_\_ hours per day on weekends.  
(Friday-Sunday)

- 0-1
- 2
- 3 or more

12.) I spend \_\_\_\_ time per day being physically active on school days. (Monday-Thursday)

- Almost none
- 30 minutes
- 1 hour or more

13.) I spend \_\_\_\_ time per day being physically active on weekends. (Friday-Sunday)

- Almost none
- 30 minutes
- 1 hour or more

14.) How many times do you drink juice, soda, punch or sports drinks each day?

- 0
- 1
- 2
- 3 or more

15.) How many hours of sleep do you get on an average school night?

- 7 hours or less
- 8 hours
- 9 hours
- 10-12 hours

16.) How many hours of sleep do you get on an average weekend night?

- 7 hours or less
- 8 hours
- 9 hours
- 10-12 hours