

Physical Activity Screener for Youth - Post-Survey

INSTRUCTIONS

We are trying to find out about your level of physical activity in the last week. Please make sure to read every question carefully and **fill in only one response per question**, unless otherwise noted.

How did you get this program? (select all that happened)

- I was in the classroom and so was the person teaching
- I was in the classroom and the person teaching was online
- I was at home/not in the classroom and so was the person teaching



Q1 In the last 7 days, during your physical education (PE) or gym classes, how often were you active (playing hard, running, jumping, throwing)? Fill in one response only.

- Hardly ever
- Sometimes
- Quite often
- Always
- I don't do PE or gym



Q2 In the last 7 days, what did you normally do at lunch (besides eating lunch)? Fill in one response only.

- Sat down (talking, reading, doing schoolwork)
- Stood around or walked around
- Ran or played a little bit
- Ran around and played quite a bit
- Ran and played hard most of the time
- This does not apply to me; I am only able to eat during lunch



Q3 In the last 7 days, on how many days after school did you do sports, dance, or play games in which you were very active? Fill in one response only.

- None
- 1 time last week
- 2 or 3 times last week
- 4 times last week
- 5 times last week



Q4 On the last weekend, how many times did you do sports, dance, or play games in which you were very active? Fill in one response only.

- None
- 1 time
- 2 or 3 times
- 4 or 5 times
- 6 or more times



Q5 Which one of the following describes you best for the last 7 days? Read all five statements before deciding on the one answer that best describes you.

- All or most of my free time was spent doing things that involve little physical effort.
- I sometimes (1 or 2 times last week) did physical things in my free time (for example, played sports, went running, swimming, and bike riding).
- I often (3 or 4 times last week) did physical things in my free time.
- I quite often (5 or 6 times last week) did physical things in my free time.
- I very often (7 or more times last week) did physical things in my free time.



Q6 Mark how often you did physical activity (like playing sports, games, doing dance, or any other physical activity) for each day last week. Make sure to give one answer for each day of the week.

| | None | Little bit | Medium | Often | Very often |
|-----------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Monday | <input type="radio"/> |
| Tuesday | <input type="radio"/> |
| Wednesday | <input type="radio"/> |
| Thursday | <input type="radio"/> |
| Friday | <input type="radio"/> |
| Saturday | <input type="radio"/> |
| Sunday | <input type="radio"/> |



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Q7 Were you sick last week, or did anything prevent you from doing your normal physical activities? Fill in one response.

Yes

No



Q8 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

0 days

1 day

2 days

3 days

4 days

5 days

6 days

7 days



Q9 On an average school day, how many hours do you watch TV?

- I do not watch TV on an average school day
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day



Q10 On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Count time on things such as Xbox, PlayStation, an iPod, and iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)

- I do not play video or computer games for something that is not school work
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day



Please tell us about yourself.

Q11 How would you describe yourself?

- Hispanic/Latino
- Non-Hispanic/Latino
- Prefer not to answer

Q12 How would you describe yourself (select one or more)?

- American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White
 - Not listed (may specify here)
-

- Prefer not to answer

Q13 How would you describe yourself?

- Female
 - Male
 - Not listed (may specify here)
-

- Prefer not to answer

Q14a When is your birthday?

Select your birthday month.

▼ January ... December

Select your birthday day.

▼ 1 ... 31

Q15 What is your middle initial?

▼ A ... Z

Q16 What is your age?

▼ 8 ... 18

Q17 What grade are you in? If it's summer, what grade did you just finish?

▼ 4th ... 12th



Submit

Thanks for taking this survey!