



SUPERFIT KIDZ PROGRAM: CHILD QUESTIONNAIRE

Name: _____

Date: _____

Birth Date: _____

Age: _____

Parent's Name: _____

Section 1

Please read each sentence below and put a check (✓) under **YES** or **NO**. Choose the answer that best says how you feel.

1. I want to find out about healthy eating.
2. I want to find out about ways to get exercise.
3. I want to lose weight.
4. My family wants me to lose weight.

YES	NO

Section 2

Please read each sentence below and put a check (✓) under **YES** or **NO**. Choose the answer that best says how you feel.

1. I go on diets often.
2. I often think about food and what foods to choose.
3. I do things to control my weight that I wish I did not have to do as often.
4. I get upset if I miss a workout.

YES	NO

Section 3

Please read each sentence below and put a check (✓) under **NEVER**, **SOMETIMES** or **OFTEN**. Choose the answer that best says how you feel. Answer the best you can. There is no right or wrong answer.

1. I look for ideas on how to eat healthy and exercise when I read, watch T.V. or use the computer.
2. I think about what I have found on how to eat healthy and get exercise.
3. Knowing people who have changed and are eating healthy and losing weight makes me think I can do it too.
4. I remember information people have given me about why it is good to eat healthy and get exercise.
5. I have someone who will listen when I need to talk about my healthy eating and exercise program.
6. I have someone I can say anything to about my healthy eating and exercise program.
7. I have someone I can talk to if it gets hard for me to eat healthy and get exercise.
8. I have someone I can talk to who knows how hard it can be to eat healthy and get exercise.
9. I notice other people who are starting to eat healthier and get more exercise.
10. It is getting easier to eat healthy and get exercise when I am at home, at school or with my friends.

NEVER	SOMETIMES	OFTEN