Healthy Habits Retrospective Survey Ages 9-12

Thank you very much for taking this survey today! Your opinion is important to us and we appreciate your time.

This survey is designed to find out about you, your opinions, and your experiences. Your answers will help make the Boys & Girls Clubs and Military Youth Centers more interesting and enjoyable for you and others like you. So please answer honestly.

You can answer honestly because your survey won't have your name on it, and nobody seeing the survey will know your name. This means your answers will never be shared with your parents, friends, or anyone in your Club. Your answers will be kept confidential and used to better understand Boys & Girls Clubs, Military Youth Centers and their members.

Instructions

- This is not a test. There are no right or wrong answers.
- If you don't find the answer that fits exactly, use the answer that comes closest.
- If you need help with a question, raise your hand and quietly ask the staff member helping you today so that you don't disturb others around you.
- If any question makes you feel uncomfortable, you don't have to answer it. Just skip it and go to the next question.
- Your participation is voluntary and will not affect your membership in the Club. Remember, there are no right or wrong answers – only your opinion and your experiences.

This survey first asks you to tell us how you felt at the BEGINNING of Healthy Habits and then it asks you how you are feeling right NOW. This is called reflection.

Example: Think back to the beginning of Healthy Habits.

- What shoes did you wear on the first day of Healthy Habits?
- What did it feel like to walk into Healthy Habits on the first day?

Example: Think about how you feel now.

- What shoes are you wearing right now?
- What does it feel like to walk into Healthy Habits now?

Thanks again for your time.

Club Site

Unique Identifier

Date

| | Never | | | | | Strongly Disagree | | | | | | | |
|--|---------------------|--|--|---|---|----------------------|---------------------------|---------------------------------|--|---|--|--|---|
| How you feel TODAY | Sometimes | | | | | Disagree | | | | | | | |
| How you f | Most of the Time | | | | | Agree | | | | | | | |
| | All of the Time | | | | | Strongly agree | | | | | | | |
| Please mark an X for how you felt at the START and how you feel TODAY | | I choose to eat fruit at every meal every day. | I choose to eat vegetables at every meal every day. | I choose to eat fruit OR vegetables instead of a sweet snack. | I choose to eat fruit OR vegetables as a snack even when others around me are eating a sweet snack. | | l eat when I feel hungry. | I stop eating when I feel full. | If I really want a certain food, and it is available, I allow myself to have it. | I encourage others to make healthier food choices. | When I'm feeling sad, I eat, even if I do not feel hungry. | I find other ways besides eating to make myself feel better when I am upset. | I can talk to at least one adult about healthy eating. |
| y Habits | Never | | | | | Strongly Disagree | | | | | | | |
| ART of Health | Sometimes | | | | | Disagree | | | | | | | |
| How you felt at the START of Healthy Habits | Most of the Time | | | | | Agree | | | | | | | |
| How you | All of the Time | | | | | Strongly agree | | | | | | | |

| How you | u felt at the S | How you felt at the START of Healthy Habits | y Habits | Please mark an X for how you felt at the START and how you feel TODAY | | How you feel TODAY | eel TODAY | |
|--------------------|-----------------|---|----------------------|--|--------------------|--------------------|------------------------|----------------------|
| Not true at all | Not very true | Sort of true | Very true | | Not true at all | Not very true | Sort of true Very true | Very true |
| | | | | I think about how the choices I make now can affect my health in the future. | | | | |
| | | | | When I set health goals, I think about challenges that might get in my way. | | | | |
| Strongly agree | Agree | Disagree | Strongly Disagree | | Strongly agree | Agree | Disagree | Strongly Disagree |
| | | | | It is easy for me to choose healthy foods in the Club. | | | | |
| | | | | It is easy for me to choose healthy foods outside of the Club. | | | | |
| | | | | I am confident in my abilities to choose healthy foods. | | | | |