

Healthy Habits Follow-Up Survey

Ages 13-18

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.

Thanks again for your time.

Unique Identifier

Club Site

Date

How often do you do make the following choices?				
I choose to eat fruit at every meal every day.	All of the Time	Most of the Time	Sometimes	Never
I choose to eat vegetables at every meal every day.	All of the Time	Most of the Time	Sometimes	Never
I choose to eat fruit OR vegetables instead of a sweet snack.	All of the Time	Most of the Time	Sometimes	Never
I choose to eat fruit OR vegetables as a snack even when others around me are eating a sweet snack.	All of the Time	Most of the Time	Sometimes	Never
How much do you agree or disagree with the following statements?				
I eat when I feel hungry.	Strongly agree	Agree	Disagree	Strongly Disagree
I stop eating when I feel full.	Strongly agree	Agree	Disagree	Strongly Disagree
If I am craving a certain food, and it is available, I allow myself to have it.	Strongly agree	Agree	Disagree	Strongly Disagree
I encourage others to make healthier food choices.	Strongly agree	Agree	Disagree	Strongly Disagree
I find myself eating when I'm feeling upset even when I don't feel hungry.	Strongly agree	Agree	Disagree	Strongly Disagree
I choose to cope when I'm upset without turning to food for comfort.	Strongly agree	Agree	Disagree	Strongly Disagree
I find other ways to cope with stress and anxiety other than by eating.	Strongly agree	Agree	Disagree	Strongly Disagree
I can talk to at least one adult about healthy eating.	Strongly agree	Agree	Disagree	Strongly Disagree
How true are the following statements?				
I think about how the choices I make now can affect my health in the future.	Not true at all	Not very true	Sort of true	Very true
When I set goals for my health, I think about challenges that might get in my way.	Not true at all	Not very true	Sort of true	Very true
It is easy for me to choose healthy foods in the Club.	Not true at all	Not very true	Sort of true	Very true
It is easy for me to choose healthy foods outside of the Club.	Not true at all	Not very true	Sort of true	Very true
I am confident in my abilities to choose healthy foods.	Not true at all	Not very true	Sort of true	Very true