

Healthy Habits Retrospective 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.

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.

Unique Identifier

Club Site

Date

How you felt at the START of Healthy Habits				Please mark an X for how you felt at the START and how you feel TODAY				
All of the Time	Most of the Time	Sometimes	Never		All of the Time	Most of the Time	Sometimes	Never
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I choose to eat fruit at every meal every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I choose to eat vegetables at every meal every day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I choose to eat fruit OR vegetables instead of a sweet snack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I choose to eat fruit OR vegetables as a snack even when others around me are eating a sweet snack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I eat when I feel hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I stop eating when I feel full.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	If I am craving a certain food, and it is available, I allow myself to have it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I encourage others to make healthier food choices.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I find myself eating when I'm feeling upset even when I don't feel hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I choose to cope when I'm upset without turning to food for comfort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	I find other ways to cope with stress and anxiety other than by eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

