



**Tell us a little bit about you!**

a) Are you a: girl \_\_\_\_\_ or boy \_\_\_\_\_

b) How old are you? \_\_\_\_\_ years

c) What grade are you in? \_\_\_\_\_

d) During a 7-day period (a week), how often do you exercise long enough in your spare time to work up to a sweat and your heart beats fast?

a) Often

b) Sometimes

c) Never/ Rarely

ID: \_\_\_\_\_

Date: \_\_\_\_\_



Please answer the following questions about EXERCISE. EXERCISE includes things like playing games outside, or playing sports, or going for walks. It does not include what you do in gym class.

	Check (✓) Yes or No
a) I have been exercising for at least 30 minutes almost every day for more than 2 months	<input type="checkbox"/> Yes <input type="checkbox"/> No
b) I didn't used to get much exercise, but in the last 2 months, I have been exercising for at least 30 minutes almost every day	<input type="checkbox"/> Yes <input type="checkbox"/> No
c) I do not exercise for 30 minutes every day right now, but I plan to begin exercising almost every day some time in the next month	<input type="checkbox"/> Yes <input type="checkbox"/> No
d) I do not exercise for 30 minutes every day right not, but I plan to begin exercising almost every day some time in the next two months.	<input type="checkbox"/> Yes <input type="checkbox"/> No



Think about they type of exercise you do in a typical week. In the circles below, write how many times on average per week you do the following kinds of exercises for MORE THAN 15 minutes during your free time.

	# of Times Per Week
a) <b>Strenuous Exercise (Heart Beats Rapidly)</b> (e.g., running, jogging, hockey, football, soccer, squash, basketball, cross country skiing, judo, in-line skating, vigorous swimming, long distance bicycling, hockey)	
b) <b>Moderate Exercise (Not Exhausting)</b> (e.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, downhill skiing, dancing)	
d) <b>MILD EXERCISE (Minimal Effort)</b> (e.g., yoga, archery, fishing, bowling, horseshoes, golf, snowmobiling, easy walking)	



ID: \_\_\_\_\_

Date: \_\_\_\_\_

***What's Most Like Me?***



	Really True for me	Sort of True for me	SAMPLE SENTENCE		Sort of True for me	Really True for me
	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Some kids would rather do physical activities in their spare time	<b>BUT</b>	Other kids would rather watch T.V.	<input type="checkbox"/>
1	<input type="checkbox"/>	<input type="checkbox"/>	Some kids can't wait to play active games after school	<b>BUT</b>	Other kids would rather do something else	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	Some kids really enjoy gym class	<b>BUT</b>	Other kids don't like gym class	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	Some kids don't like playing active games	<b>BUT</b>	Other kids really like playing active games	<input type="checkbox"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	Some kids find it hard to make friends	<b>BUT</b>	Other kids find it's pretty easy to make friends	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	Some kids don't have much fun playing sports	<b>BUT</b>	Other kids have a good time playing sports	<input type="checkbox"/>
6	<input type="checkbox"/>	<input type="checkbox"/>	Some kids think gym. is the best class	<b>BUT</b>	Other kids think gym. isn't much fun	<input type="checkbox"/>
7	<input type="checkbox"/>	<input type="checkbox"/>	Some kids are good at active games	<b>BUT</b>	Other kids find active games hard to play	<input type="checkbox"/>
8	<input type="checkbox"/>	<input type="checkbox"/>	Some kids have a lot of friends	<b>BUT</b>	Other kids don't have many friends	<input type="checkbox"/>
9	<input type="checkbox"/>	<input type="checkbox"/>	Some kids don't like playing sports	<b>BUT</b>	Other kids really enjoy playing sports	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	Some kids like to play active games outside	<b>BUT</b>	Other kids would rather read or play video games	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	Some kids do well in most sports	<b>BUT</b>	Other kids feel they aren't very good at sports	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	Some kids would like to have a lot more friends	<b>BUT</b>	Other kids have as many friends as they want	<input type="checkbox"/>
13	<input type="checkbox"/>	<input type="checkbox"/>	Some kids learn to play active games easily	<b>BUT</b>	Other kids find it hard learning to play active games	<input type="checkbox"/>

ID: \_\_\_\_\_

Date: \_\_\_\_\_

	Really True for me	Sort of True for me			Really True for me	Sort of True for me
14	<input type="checkbox"/>	<input type="checkbox"/>	Some kids think they are the best at sports	<b>BUT</b>	Other kids think they aren't very good at sports	<input type="checkbox"/>
15	<input type="checkbox"/>	<input type="checkbox"/>	Some kids find games in gym. hard to play	<b>BUT</b>	Other kids are good at games in gym.	<input type="checkbox"/>
16	<input type="checkbox"/>	<input type="checkbox"/>	Some kids are always doing things with a lot of kids	<b>BUT</b>	Other kids usually do things by themselves	<input type="checkbox"/>
17	<input type="checkbox"/>	<input type="checkbox"/>	Some kids like to watch games being played outside	<b>BUT</b>	Other kids would rather play active games outside	<input type="checkbox"/>
18	<input type="checkbox"/>	<input type="checkbox"/>	Some kids are among the last to be chosen for active games	<b>BUT</b>	Other kids are usually picked to play first	<input type="checkbox"/>
19	<input type="checkbox"/>	<input type="checkbox"/>	Some kids like to take it easy during recess	<b>BUT</b>	Other kids would rather play active games	<input type="checkbox"/>
20	<input type="checkbox"/>	<input type="checkbox"/>	Some kids wish that more people their age liked them	<b>BUT</b>	Other kids feel that most people their age likes them	<input type="checkbox"/>
21	<input type="checkbox"/>	<input type="checkbox"/>	Some kids have fun in gym. class	<b>BUT</b>	Other kids would rather miss gym. class	<input type="checkbox"/>
22	<input type="checkbox"/>	<input type="checkbox"/>	Some kids aren't good enough for sports teams	<b>BUT</b>	Other kids do well on sports teams	<input type="checkbox"/>
23	<input type="checkbox"/>	<input type="checkbox"/>	Some kids like to read or play quiet games	<b>BUT</b>	Other kids like to play active games	<input type="checkbox"/>
24	<input type="checkbox"/>	<input type="checkbox"/>	Some kids are popular with others their age	<b>BUT</b>	Other kids are not very popular	<input type="checkbox"/>
25	<input type="checkbox"/>	<input type="checkbox"/>	Some kids like to play active games outside on weekends	<b>BUT</b>	Other kids like to relax and watch T.V. on weekends	<input type="checkbox"/>