

**“Fit for Life” Program:
Outcome Measurement Parent Survey Questions**

Physical Activity: (yes or no)

1. Does your child spend more than 14 hours per week playing video games and watching TV?
2. Do you exercise with your child?
3. Does your child play on at least one organized sports team?
4. Does your child get at least 60 minutes of physical activity per day?

Attitude: (yes or no)

1. Does your child need more physical activity?
2. Are you willing to attend a nutrition information class?
3. Do you reward your child’s good behavior with food?
4. Are you afraid that your child will be overweight as an adult?

Nutrition: (yes or no)

1. Does your child eat fruit or vegetables daily?
2. Does your child eat fast food more than twice per week?
3. Does your child drink more soda than water?
4. Does your child eat breakfast everyday?

*Draft date: 12-7-03