

GOKIDS SURVEY

INSTRUCTIONS: Please pick one response for each item.

Please check here if parent or guardian helped child to fill out questionnaire.

The following questions ask about food you eat or drink on average, during a typical week. Think about all the meals and snacks you have from the time you get up until you go to bed. Be sure to include food you eat at home, at school, at restaurants, or anywhere else.

1. On average, how many **TIMES** in a typical week do you drink **100% fruit juice** such as orange juice, apple juice, or grape juice? (Do **NOT** count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)

- I do not drink 100% fruit juice 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week
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2. On average, how many **TIMES** in a typical week do you eat **fruit**? (Do **not** count fruit juice.)

- I do not eat fruit during a typical week 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week
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3. On average, how many **TIMES** in a typical week do you eat **green salad**?

- I do not eat green salad during a typical week 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week
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4. On average, how many **TIMES** in a typical week do you drink a can, bottle, or glass of **soda or pop**, such as Coke, Pepsi, Mountain Dew, Sprite or other? (Do **not** include diet soda or diet pop.)

- I do not drink soda during a typical week 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week
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5. On average, how many **TIMES** in a typical week do you eat **carrots, green beans and other vegetables**?

- I do not eat carrots, green beans, etc during a typical week 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week

6. On average, how many **TIMES** in a typical week do you eat out at a **fast food or pizza restaurant**, such as McDonalds, Taco Bell, Burger King, Pizza Hut or local pizza place, or other?

- I do not eat fast food or pizza during a typical week 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week

7. On average, how many **TIMES** in a typical week do you have **meals with your family at home**?

- I do not eat any meals with my family at home during a typical week 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week

8. On average, how many **TIMES** in a typical week do you drink **SUGAR-SWEETENED DRINKS?** (Include sports drinks, non-diet fruit drinks like lemonade and punch, sweetened ice tea).

- I do not drink sugar-sweetened drinks 1 time per day 2 times per day
 1 to 3 times on an average week 3 times per day 4 or more times per day
 4 to 6 times on an average week

The next questions are about physical activity.

9. On average, how many **days** during a typical week are you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard.)

- 0 days 1 day
 2 days 3 days
 4 days 5 days
 6 or more days

10. On an average school day, how many hours do you play **video or computer games** or use a computer for something that is not school work? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- I do not use computer for something that is **not** school work
- Less than 1 hour per day
- 1 hour per day 2 hours per day
- 3 hours per day 4 hours per day
- 5 or more hours per day

11. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- 0 days 1 day
- 2 days 3 days
- 4 days 5 days

12. During the past 12 months, on how many organized sports teams did you play on? (Include any teams run by your school or community groups.)

- 0 teams 1 team
- 2 teams 3 teams
- 4 or more teams

13. I am confident that I can be physically active or exercise for at least 60 minutes each day.

- Disagree a lot Agree a little
- Disagree a little Agree a lot
- Neither agree nor disagree

14. Being physically active makes me feel better about myself.

- Disagree a lot Agree a little
- Disagree a little Agree a lot
- Neither agree nor disagree

15. Being physically active helps me better manage my stress.

- Disagree a lot Agree a little
- Disagree a little Agree a lot
- Neither agree nor disagree
-

16. When I am active, I'm having fun.

- Disagree a lot Agree a little
- Disagree a little Agree a lot
- Neither agree nor disagree
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