FITNESS FOR LIFE Elementary School

Family Physical Activity and Nutrition Questionnaire

Use this questionnaire to get ideas about your child's nutrition and physical activity habits. Check the box that represents the frequency for each item. This questionnaire is for your use only and does not need to be returned to school.

Nutrition

Does your child . . .

	Usually	Sometimes	Rarely
1. eat breakfast?			
2. avoid drinks high in sugar (for example, sweetened soft drinks)?			
3. avoid empty calories (for example, candy, donuts, cookies, chips, fries)?			
4. eat 5 or more veggies and fruits each day?			
5. avoid fast food?			
6. regularly eat whole grains and foods with protein (for example, milk products, meat, beans, nuts)?			
6. eat healthy lunches and dinners?			
7. eat with family members?			

Physical Activity

Does your child . . .

	Usually	Sometimes	Rarely
1. do 60 minutes of activity each day?			
2. do some vigorous activity each day?			
3. walk to school or stay active at home (for example, yard work or house work)?			
4. do exercise that builds muscles (for example, calisthenics, gymnastics, climbing apparatus)?			
5. do stretching exercises (for example, gymnastics, calisthenics)?			
6. watch TV or play computer games less than 2 hours each day?			
7. play outside?			

To rate your child's nutrition and physical activity habits, refer to the next page.

From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics).

To rate your child's physical activity and nutrition habits, count the number of boxes you have checked in each of the three columns in both sections.

- If most of the checks are in the "Usually" column, congratulations! Your child is living a healthy lifestyle.
- If the majority of the checks are distributed between the "Usually" and "Sometimes" columns, your child should try to change some habits. Examine the questions that didn't get a "Usually," and make an effort to improve in those areas.
- If there are more than a few checks in the "Rarely" column and just a few in the "Usually" column, it's time to take action if you want your child to grow up fit, strong, and healthy. Carefully examine the areas that didn't get a "Usually," and make a plan to gradually change some habits, choosing a couple of areas to work on each month until you've worked on all the weak habits.

Rating	Answers to questionnaire
Healthy	You checked "Usually" for most items, with few or no checks for "Rarely."
Marginal	You most often checked "Usually" or "Sometimes."
Needs improvement	You checked "Rarely" more than a few times, with only a few checks for "Usually."

This questionnaire is meant to help parents and supervising adults get a general idea of the eating and exercise patterns of their children. For a more comprehensive analysis, consider using the SuperTracker at the MyPlate Web site (www.choosemyplate.gov).