



PE4ME FOLLOW-UP SURVEY

Study Staff ID #

DATE:

STUDENT ID #:

SCHOOL ID #:

DOB:

GRADE:

Waist Circumference: _____ SS ID #

HEIGHT: _____ SS ID #

WEIGHT: _____ SS ID #

BMI: $\Delta\%$ _____ SS ID #

20 Meter Shuttle Run: _____ SS ID #

HOW MANY HOURS PER DAY DOES YOUR CHILD PARTICIPATE IN?

LESS THAN 2 Hours

2 Hours

MORE THAN 2 Hours

1. Screen Time (TV, Videogames, Computer):

¹
²
³

2. How many times per week do you eat fast food/at restaurants?

¹
²
³

3. How many times per week do you eat breakfast?

¹
²
³

4. How many times per week do you participate for 60 minutes

or more in a physical activity (walking, biking, running, sports)?

¹
²
³

5. How many times per week do you eat 5 or more

fruits and/or vegetables in a day?

¹
²
³

6. How many times per week do you eat junk food?

(Cookies, candy, soda, Cheetos ©, Doritos ©, etc...)

¹
²
³

0-2 Times

3-5 Times

6 or more Times

7. How many times per week do you drink 2-3 8 oz cups milk in a day?

¹
²
³

8. How many times per week do you eat snacks?

(fruit, vegetables, granola bar, rice cake, etc...)

¹
²
³

9. Please indicate type of milk you drinks:

¹ Whole

² 2 % low fat

³ Nonfat

⁴ 1 % low fat

⁵ Soymilk

⁶ None

10. Does your child typically eat snacks while watching TV, playing

video games or on the computer?

¹ Always

² Sometimes

³ Never

Very Important

Somewhat Important

Not At All Important

11. How important is it for you to improve your physical activity?

¹
²
³

12. How important is it for you to improve your nutritional habits?

¹
²
³

