



## Fuel Up to Move More

### Participant PRE-Survey

Please answer the questions below **before** you complete *Fuel Up to Move More* experience.

1. What is your name? \_\_\_\_\_

2. What is today's date? \_\_\_/\_\_\_/\_\_\_\_\_  
MM DD YYYY

3. The American Heart Association recommends that kids and teens (ages 6-17) should try to get **at least** how many minutes of exercise each day? Please **circle** the **one best** answer.

- a. 60
- b. 15
- c. 30
- d. 25
- e. 0

4. What is an example of a snack that will fuel and energize you before you exercise? Please **circle** the **one best** answer.

- a. French fries
- b. A piece of whole grain toast or a banana
- c. Ice cream
- d. Lettuce

5. Please **circle** the **option** that best describes **if you think you can do** each listed activity:

|  |                       |                         |                        |                           |
|--|-----------------------|-------------------------|------------------------|---------------------------|
| a. Pick an <b>energy-filled healthy</b> snack to eat <b>before</b> exercising                                | No way I can do this! | I might be able do this | I can probably do this | I can definitely do this! |
| b. Pick a <b>protein-filled healthy</b> snack to eat <b>after</b> exercising to repair and grow your muscles | No way I can do this! | I might be able do this | I can probably do this | I can definitely do this! |



## Fuel Up to Move More Participant POST-Survey

Please answer the questions below **after** you complete the *Fuel Up to Move More* experience.

1. What is your name? \_\_\_\_\_

2. The American Heart Association recommends that kids and teens (ages 6-17) should try to get **at least** how many minutes of exercise each day? Please **circle** the **one best** answer.

- f. 60
- g. 15
- h. 30
- i. 25
- j. 0

3. What is an example of a snack that will fuel and energize you before you exercise? Please **circle** the **one best** answer.

- e. French fries
- f. A piece of whole grain toast or a banana
- g. Ice cream
- h. Lettuce

4. Please **circle** the option that best describes **if you think you can do** each listed activity:

|  |                       |                            |                        |                           |
|--|-----------------------|----------------------------|------------------------|---------------------------|
| a. Pick an <b>energy-filled healthy</b> snack to eat <b>before</b> exercising                                | No way I can do this! | I might be able to do this | I can probably do this | I can definitely do this! |
| b. Pick a <b>protein-filled healthy</b> snack to eat <b>after</b> exercising to repair and grow your muscles | No way I can do this! | I might be able to do this | I can probably do this | I can definitely do this! |

5. Please circle the option that best describes what you thought of today's educational experience.

