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     Y Y Y Y

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:

<table>
<thead>
<tr>
<th>a. Pick an energy-filled healthy snack to eat before exercising</th>
<th>No way I can do this!</th>
<th>I might be able to do this</th>
<th>I can probably do this</th>
<th>I can definitely do this!</th>
</tr>
</thead>
<tbody>
<tr>
<td>b. Pick a protein-filled healthy snack to eat after exercising to repair and grow your muscles</td>
<td>No way I can do this!</td>
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<td>I can probably do this</td>
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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
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5. Please circle the option that best describes what you thought of today’s educational experience.

    Awful 1
    Not very good 2
    Okay 3
    Really good 4
    Fantastic 5