

FAMILY HEALTH & FITNESS SURVEY

TOM MCCALL SCHOOL CLASSROOM EDITION - END OF YEAR

Put an X or check in the box that best matches your answer to each question.

Survey Question	None	Some	A Lot
1. Have your family's eating and / or snacking habits changed this year? <i>Summary: 78% of families surveyed have said their family's eating and / or snacking habits have changed this year?</i>	4	12	2
2. Have your family's exercise habits changed over this school year? <i>Summary: 72% of families surveyed have changed their exercise habits this school year.</i>	5	10	3
3. Does your child talk about nutrition at home? <i>Summary: 94% of families surveyed said their child talks more about nutrition at home.</i>	1	11	6
4. Does your child exercise more regularly now? <i>Summary: 89% of families surveyed said their child exercises more regularly now.</i>	2	10	6
5. Was it helpful to have exercise & snack reporting part of the homework to help your child improve his or her fitness? <i>Summary: 83% of families surveyed said it was helpful to have snack & exercise reporting as part of the weekly homework to help children improve fitness.</i>	3	10	5

Comments:

1. (Student name) has become more aware of eating healthier & doing "exercise" outside of her regular activities
2. I feel that it was good to bring more awareness. We already eat fairly healthy but this helps kids actually own it, rather than just being nagged by Mom. ☺
3. I think you should keep Mind & Body nights because it really changed eating habits for some people.
4. Working with the exercise & snack form, (student name) paid more attention in the beginning of the school year. Not as much this spring.
5. My husband majored in exercise sports science. (Student name) has always had the influence of great nutrition & exercise. I think it's great to have this kind of awareness for all kids. Thanks.
6. We have REALLY enjoyed good eating and exercise habits at home. (Student name) is very aware about what's going into his body and how exercise is very important.
7. We will be trying to eat right and exercise this summer more!
8. You should do family mind & body nights next year.
9. (Student name) has always exercised a lot and continues to be active. She eats well but is "picky" - very limited. The program has definitely helped her become aware of a balanced diet and she makes much better eating & snacking choices.
10. (Student name) is a very active boy and we limit TV and games so we've had very little change, but some. Healthy snacks are always available here.
11. It was difficult as the days grew shorter to fit in exercise after school. It might be helpful to have weekends included in the reporting log, as more time was spent exercising.