

FAMILY BODY & MIND NIGHT SURVEY

VERN PATRICK CLASSROOM EDITION

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?	0	15	10
2. Have your family's exercise habits changed over this school year?	2	17	6
3. Does your child talk about nutrition at home?	0	18	7
4. Does your child exercise more regularly now?	2	10	13
5. Has having exercise as part of homework improved your child's fitness habits?	1	10	15
Comments: 1. My son always has played sports and exercised 2. All of my kids do sports and we do lots of outdoor stuff as a family 3. This has helped a lot 4. We've all learned a lot!			