

Jump Into Foods and Fitness

Office Use Only

Date: _____
Leader: _____
Site: _____
County: _____

Your Age: _____

Your Grade: _____

Circle: Boy/Girl

Answer the questions below to best describe what you do *NOW* and what you did *BEFORE* participating in the Jump Into Foods and Fitness (JIFF) program

***NOW* – After Finishing JIFF**

***BEFORE* - Before Starting JIFF**

	Hardly Ever	Sometimes	Almost always	Hardly Ever	Sometimes	Almost always
1. I wash my hands before preparing foods or eating.	1	2	3	1	2	3
2. I read the nutrition information on food labels.	1	2	3	1	2	3
3. I eat breakfast every day.	1	2	3	1	2	3
4. I choose healthy snacks when I have the choice.	1	2	3	1	2	3
5. I eat vegetables every day.	1	2	3	1	2	3
6. I eat fruits every day (or drink real fruit juice).	1	2	3	1	2	3
7. I like to try new foods.	1	2	3	1	2	3
8. I think about whether foods are good for me when I choose what to eat.	1	2	3	1	2	3
9. I drink milk or eat cheese at least two times a day.	1	2	3	1	2	3
10. I do moderate physical activities like walking to school, helping around the house, raking leaves, using the stairs, or walking the dog.	1	2	3	1	2	3
11. I do stretching exercises.	1	2	3	1	2	3
12. I work on getting stronger by doing exercises like rope climbing, tumbling, gymnastics, karate, push-ups, curl-ups or playing on the monkey bars.	1	2	3	1	2	3
13. I do physical activities with my family or friends.	1	2	3	1	2	3
14. I am on a sports team or take classes like dance, yoga, judo, or karate.	1	2	3	1	2	3
15. When I watch TV, I exercise or dance during the commercials.	1	2	3	1	2	3
16. I use a jump rope for stretching or jumping.	1	2	3	1	2	3
17. I enjoy being physically active.	1	2	3	1	2	3

Answer the questions below to best describe what you learned from participating in the Jump Into Foods and Fitness (JIFF) program.	Circle one number for each statement.				
	Strongly Disagree	Disagree	Agree	Strongly Agree	Not Sure
1. The activities kept me interested.	1	2	3	4	Not sure
2. I learned something new.	1	2	3	4	Not sure
3. I learned something that I will share with others.	1	2	3	4	Not sure
4. I learned something that will help me in school.	1	2	3	4	Not sure
5. I learned something that will help me in some other part of my life.	1	2	3	4	Not sure
6. I would like to learn more about healthy lifestyles.	1	2	3	4	Not sure

What are the three most useful things you learned from participating in JIFF?

1.

2.

3.

Other comments I would like to make. . .