

Physical Activity and Me

Please check the box under the statement that most closely describes how much you agree or disagree with each statement. Remember that physical activity can be any play, game, sport, or exercise that gets you moving and breathing harder. There are no right or wrong answers, just your opinions. (CHECK ONLY ONE BOX FOR EACH.)

1. I am sure I can be physically active during my free time on most days.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
2. I am sure I can ask my parent or other adult to do physically active things with me.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
3. I am sure I can be physically active during my free time on most days even if I could watch TV or play video games instead.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
4. I am sure I can be physically active during my free time on most days even if my friends want me to do something else.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
5. I am sure I can ask my parent or other adult to sign me up for a sport, dance, or another physical activity program.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
6. I am sure I can be physically active during my free time on most days even if it is very hot or cold outside.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
7. I am sure I can ask my best friend to be physically active with me during my free time on most days.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
8. I can ask my parent or other adult to get me the equipment and clothes I need to be physically active.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
9. I am sure I can ask my parent or other adult to take me to a physical activity or sports practice.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
10. I am sure I can be physically active during my free time on most days even if I have a lot of homework.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
11. I am sure I can be physically active during my free time on most days even if I have to stay at home.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
12. I am sure I have the coordination I need to be physically active during my free time on most days.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>

13. I am sure I can be physically active during my free time on most days no matter how busy my day is.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
14. I am sure I can be physically active during my free time on most days no matter how tired I may feel.	Disagree a lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
15. I am sure I can be physically active during my free time on most days even when I'd rather be doing something else.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
16. I am sure I can be physically active during my free time for at least 15 minutes on most days.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
17. I am sure I can be physically active during my free time for at least 30 minutes on most days.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
18. I am sure I can be physically active during my free time for at least 45 minutes on most days.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
19. I am sure I can be physically active during my free time for at least 60 minutes (1 hour) on most days.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
20. At home there are enough supplies and pieces of sports equipment (like balls, bicycles, skates) to use for physical activity.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
21. There are playgrounds, parks or gyms close to my home or that I can get to easily.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
22. It is safe to walk or jog alone in my neighborhood during the day.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
23. It is difficult to walk or jog in my neighborhood because of things like traffic.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
24. It is difficult to walk or jog in my neighborhood because of things like no sidewalks.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
25. It is difficult to walk or jog in my neighborhood because of things like dogs.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>
26. It is difficult to walk or jog in my neighborhood because of things like gangs.	Disagree lot <input type="checkbox"/>	Disagree a little <input type="checkbox"/>	Not sure <input type="checkbox"/>	Agree a little <input type="checkbox"/>	Agree a lot <input type="checkbox"/>