

**Gimme 5 Atlanta  
R5 - Stages of Change Protocol  
(Day 4)**

**[To be read as written!]**

"Today we want to find out how you think about what you eat. To do this, we have a very short questionnaire. Please take out a pencil so we can begin."

**[Distribute forms for Stages of Change; distribute pencils if needed]**

"Please write in your name, (pause); today's date which is \_\_\_\_\_, (pause); and your teacher's name at the top of the page."

**[Allow time; Rover(s) check that students are doing this]**

"We want to know how much 5th graders think about eating more fruits and vegetables. There are no right or wrong answers to these questions. We just want to know how much you think about what you eat."

"You will notice that under each question on the blue line, there is an arrow. This blue line next to the arrow is where you will mark your answer under the "A", "B", "C", "D" or "E" column. To do this, you will darken the circle in column **A** if the answer next to **A** describes you best.  
**Or**, you will darken the circle in column **B** if the answer next to **B** describes you best.  
**Or**, you will darken the circle in column **C** if the answer next to **C** describes you best.  
**Or**, you will darken the circle in column **D** if the answer next to **D** describes you best  
**Or**, you will darken the circle in column **E** if the answer next to **E** describes you best."

"You will fill in only one circle on the blue line next to the arrow. Are there any questions about what I've said so far?"

**[Answer and record questions]**

"I will read question 1. Please listen carefully and follow along with your finger as I read."

**[Read question 1]**

"Now listen as I read the possible answers A through E under question 1. As I am reading them, be sure to pick out the one that best describes how you are thinking about eating 2 or more servings of fruit or juice each day. You will fill in the appropriate lettered circle on the blue line next to the arrow."

**[Read responses A through E slowly, saying each letter as you read them.]**

"Now you need to fill in the circle of the letter that best describes your answer to question 1."

**[Allow time; Rover(s) check(s) each student's page to make sure he/she is doing this correctly.]**

"Are there any questions?"

**[Answer and record questions]**

"Okay, let's go on to question 2."

**[Read question 2.]**

"Now listen as I read the responses A through E under question 2. As I am reading them, be sure to pick out the one that best describes how you are thinking about eating 3 or more servings of vegetables each day. You will fill in the appropriate lettered circle on the blue line next to the arrow."

**[Read responses A through E slowly, saying each letter as you read them.]**

"Now you need to fill in the circle of the letter that best describes your answer to question 2."

**[Allow time; Rover(s) check(s) each student's page to make sure he/she is doing this correctly.]**

"Is everyone finished?"

**[If no, allow time; if yes, go on]**

"Okay, let's go on to question 3."

**[Read question 3.]**

"Now listen as I read the responses A through E under question 3. As I am reading them, be sure to pick out the one that best describes how you are thinking about eating 5 or more servings of fruits and vegetables each day. You will fill in the appropriate lettered circle on the blue line next to the arrow."

**[Read responses A through E slowly, saying each letter as you read them.]**

"Now you need to fill in the circle of the letter that best describes your answer to question 3."

**[Allow time; Rover(s) check(s) each student's page to make sure he/she is doing this correctly.]**

"Is everyone finished?"

**[If no, allow time; if yes, go on]**

"Please check that you have:

- written your name, teacher's name, and date on the top of the page and
- answered each question with only one answer -- on the blue line next to the arrow

Please lay your paper on the corner of your desk when you are finished. We will come by and pick it up."

**[Pick up papers and carefully check that:**

- name, teacher's name, and date are on top of the page and
- all questions are answered on the blue lines next to the arrow and with only one response per question.]

"We have one other questionnaire for you complete today. Please sit quietly while we pass it out."

**[Rover(s) and Reader pass out R6 - Knowledge questions and one "Optscan" form, one of each to each child. Proceed with the Knowledge Protocol.]**