

**Teach Well - Gimme 5 Atlanta**  
**R23 – Motivation to Change Student Behavior – Adult**

	<b>A</b> Strongly Agree	<b>B</b> Agree a Little	<b>C</b> Unsure, Don't Know	<b>D</b> Disagree a Little	<b>E</b> Strongly Agree
<b>I want to help my students....</b>					
1. know that smoking is bad for them.	A	B	C	D	E
2. not to like to smoke.	A	B	C	D	E
3. not to start to smoke.	A	B	C	D	E
4. know that regular exercise or physical activity is good for them.	A	B	C	D	E
5. like regular exercise or physical activity.	A	B	C	D	E
6. get regular exercise or physical activity.	A	B	C	D	E
7. help their families get regular exercise or physical activity.	A	B	C	D	E
8. know that at least 5 servings of fruit and vegetables a day are good for them.	A	B	C	D	E
9. like fruit and vegetables.	A	B	C	D	E
10. eat 5 servings of fruit and vegetables every day.	A	B	C	D	E
11. help their families to eat 5 servings of fruit and vegetables every day.	A	B	C	D	E
12. know that low fat foods are good for them.	A	B	C	D	E
13. like low fat foods.	A	B	C	D	E
14. eat low fat foods.	A	B	C	D	E
15. help their families to eat more low fat foods.	A	B	C	D	E

<b>I want to work to change....</b>					
1. our school cafeteria to offer more low fat foods.	A	B	C	D	E
2. our school's physical education program so all students get more physical activity.	A	B	C	D	E
3. our school cafeteria to offer more fruit and vegetables.	A	B	C	D	E

	<b>A</b> Strongly Agree	<b>B</b> Agree a Little	<b>C</b> Unsure, Don't Know	<b>D</b> Disagree a Little	<b>E</b> Strongly Agree
<b>I believe I can help my students....</b>					
1. know that smoking is bad for them.	A	B	C	D	E
2. not to like to smoke.	A	B	C	D	E
3. not to start to smoke.	A	B	C	D	E
4. know that regular exercise or physical activity is good for them.	A	B	C	D	E
5. like regular exercise or physical activity.	A	B	C	D	E
6. get regular exercise or physical activity.	A	B	C	D	E
7. help their families get regular exercise or physical activity.	A	B	C	D	E
8. know that at least 5 servings of fruit and vegetables a day are good for them.	A	B	C	D	E
9. like fruit and vegetables.	A	B	C	D	E
10. eat 5 servings of fruit and vegetables every day.	A	B	C	D	E
11. help their families to eat 5 servings of fruit and vegetables every day.	A	B	C	D	E
12. know that low fat foods are good for them.	A	B	C	D	E
13. like low fat foods.	A	B	C	D	E
14. eat low fat foods.	A	B	C	D	E
15. help their families to eat more low fat foods.	A	B	C	D	E

<b>I believe I can work to change....</b>					
1. our school cafeteria to offer more low fat foods.	A	B	C	D	E
2. our school's physical education program so all students get more physical activity.	A	B	C	D	E
3. our school cafeteria to offer more fruit and vegetables.	A	B	C	D	E