

Coaches Challenge 3rd-8th Grade Survey

Teacher	Grade	Student Code/Number	Date



- In the past week, I drank fruit-flavored drinks or sports drinks.
 - Never
 - 1-3 days
 - 4-6 days
 - About once a day
 - 2 or more times a day
- In the past week, I drank soda or pop.
 - Never
 - 1-3 days
 - 4-6 days
 - About once a day
 - 2 or more times a day
- In the past week, I ate fruit as a snack.
 - Never
 - 1-3 days
 - 4-6 days
 - About once a day
 - 2 or more times a day
- In the past week, I ate fruit during a meal.
 - Never
 - 1-3 days
 - 4-6 days
 - About once a day
 - 2 or more times a day
- In the past week, I ate vegetable as a snack.
 - Never
 - 1-3 days
 - 4-6 days
 - About once a day
 - 2 or more times a day
- In the past week, I ate vegetables during a meal.
 - Never
 - 1-3 days
 - 4-6 days
 - About once a day
 - 2 or more times a day
- In the past week, I did physical activities.
 - Not at all
 - 1-2 days
 - 3-4 days (or some days)
 - 5-6 days (or most days)
 - 7 days (every day)
- In the past week, for how long did you usually do physical activities?
 - Less than 15 minutes a day
 - About 15 minutes a day
 - About 30 minutes a day
 - About an hour a day
 - More than an hour a day
- In the past week, when I was not doing homework, I used a computer, TV, smartphone, tablet or played video games...
 - Less than 1 hour a day
 - 1-2 hours a day
 - 3-4 hours a day
 - 5-6 hours a day
 - 7 or more hours a day