

Coaches Challenge Survey Instructions

Please distribute the surveys to students in 3rd-8th grade prior to teaching the CATCH lesson plans. The surveys will be used as a measurement tool to assess student knowledge and attitude towards physical activity and healthy eating prior to program implementation.

You can print a copy of the survey for your students or have them complete it online visiting this link <https://forms.office.com/g/WD2tbdCWmd>. Please assign students a code/number. This code/number will be entered for data analysis purposes and used again for the post-survey to see if there was a change in knowledge, behavior, and attitude. Survey responses are anonymous.

Once the pre-surveys are completed, please email any paper surveys to CoachesChallenge@washoecounty.gov or send by WCSD inter-district mail using a manila envelope addressed to *Coaches Challenge – Washoe County Health District*. Teachers will then distribute the same surveys once the program has concluded.