



Fuel Up to Move More

Participant PRE-Survey

Please answer the questions below before completing Fuel Up to Move More experience.

1. What is your name? _____

2. What is today's date? __/__/____
MM DD YYY Y

3. The American Heart Association recommends that kids and teens (ages 16) should try to get at least how many minutes of exercise each day? Please circle the one best answer.

- a. 60
- b. 15
- c. 30
- d. 25
- e. 0

4. What is an example of a snack that will fuel and energize you before you exercise? Please circle the one best answer.

- a. French fries
- b. A piece of whole grain toast or a banana
- c. Ice cream
- d. Lettuce

5. Please circle the option that best describes how you think you can do each listed activity

a. Pick an energy-filled healthy snack to eat before exercising	No way I can do this!	I might be able to do this	I can probably do this	I can definitely do this!
b. Pick a protein-filled healthy snack to eat after exercising to repair and grow your muscles	No way I can do this!	I might be able to do this	I can probably do this	



Fuel Up to Move More

Participant POST Survey

Please answer the questions below ~~after~~ complete the Fuel Up to Move More experience.