

***FitEx* Post Program Survey Cover Sheet**

Thank you for participating in *FitEx*! As we told you at the beginning of the program, we would like to know how you are doing now, at the end of the *FitEx* program, so that we can know if the program helped you make changes over the last eight weeks.

For paper surveys only: “Please complete this survey and return it to your team captain or your local Virginia Cooperative Extension Office.”

All of the information that you provide will be kept confidential and we will not share your name or personal information with anyone outside of our evaluation team. This team includes Virginia Cooperative Extension and Virginia Tech Faculty as well as some graduate students.

We also want you to know that some of the information you provide could be used for graduate student projects. However, the data the students receive will not include your name or any other identifying information.

Thanks again for participating in *FitEx* and helping to evaluate the program!

Virginia Cooperative Extension Physical Activity Workgroup

For questions or concerns about this survey, please contact:
Dr. Samantha Harden,
Principal Investigator, Virginia Tech
Email: harden.samantha@vt.edu

FitEx Post Program Survey

FitEx Username _____

1. Your Weight: _____pounds

2. Which county/city is your team registered in?

3. How many miles did your team accumulate over the last 8 weeks (during FitEx)?

4. How many miles did you personally accumulate over the last 8 weeks (during FitEx)?

5. Each week during the program you should have received a FitEx newsletter.

Which of the following best describes how many newsletters you read?

- I read all the newsletter that I received (8-9)
- I read most of them (6-9)
- I read about half of them (4-5)
- I read a few (1-3)
- I did not read any
- I did not receive newsletters

6. About how much time did you typically spend looking at each newsletter?

- 15 minutes or less
- 15 to 30 minutes
- 30-45 minutes
- 45-60 minutes
- 60 minutes or more
- I did not receive newsletters

During the past month, which statement best describes the kinds of physical activity you usually did? Do not include the time you spent working at a job. Please read all six statements before SELECTING ONE.

- I did not do much physical activity. I mostly did things like watching television, reading, playing cards, or playing computer games. Only occasionally, no more than once or twice a month, did I do anything more active such as going for a walk or playing tennis.
- Once or twice a week, I did light activities such as going outdoors on the weekends for an easy walk or maybe once or twice a week, I did chores around the house such as sweeping floors or vacuuming.
- About three times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for about 15–20 minutes each time. Or about once a week, I did moderately

difficult chores such as raking or mowing the lawn for about 45–60 minutes. Or about once a week, I played sports such as softball, basketball, or soccer for about 45–60 minutes.

- Almost daily, that is five or more times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for 30 minutes or more each time. Or about once a week, I did moderately difficult chores or played sports for 2 hours or more.
- About three times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.
- Almost daily, that is five or more times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

On average, how many cups of fruit do you eat each day? _____

On average, how many cups of 100% fruit juice do you drink each day? _____

On average, how many cups of vegetables do you eat each day? _____

On average, how many cups of 100% vegetable juice do you drink each day? _____

In general, compared to others your age, how would you rate your health

- Extremely healthy Somewhat healthy Not healthy Very healthy Don't know

Thank You!