

Youth on the Move!

A Questionnaire on Favorite Physical Activities

1. Check off your three favorite physical activities.

- | | | |
|--|---|------------------------------------|
| <input type="checkbox"/> Aerobics | <input type="checkbox"/> Hiking | <input type="checkbox"/> Skiing |
| <input type="checkbox"/> Baseball/softball | <input type="checkbox"/> Jogging | <input type="checkbox"/> Swimming |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Racquetball | <input type="checkbox"/> Soccer |
| <input type="checkbox"/> Biking | <input type="checkbox"/> Rollerblading | <input type="checkbox"/> Tennis |
| <input type="checkbox"/> Dancing | <input type="checkbox"/> Skateboarding | <input type="checkbox"/> Yardwork |
| <input type="checkbox"/> Frisbee/Ultimate | <input type="checkbox"/> Skating/hockey | <input type="checkbox"/> Housework |
| <input type="checkbox"/> Other (write in name) _____ | | |

2. How many total times per week do you do these or any other kind of physical activity for at least 30 minutes?

- Less than once a week Once a week 3 or 4 times a week
 5 or 6 times a week Every day

3. Why do you play sports, exercise, or do other physical activities?

- It's fun. It's part of my responsibilities at home.
 It feels good. It's good for my health. It's part of my job.
 Adults admire me. My friends think it's cool.
 Other _____

4. What would make it easier for teens to be more physically active?

Check the two most important choices below.

- Transportation More time Equipment
 Friends to play with A place or space to play, exercise
 Rewards/prizes Encouragement from adults
 More intramural or noncompetitive sports
 Other (write in your idea) _____

5. Would you be willing to help if a group of teens in your neighborhood or town was working to make it easier or more fun to be physically active?

- Yes No Maybe

If you checked yes or maybe, please fill in the following :

Name: _____

Phone: _____

Address: _____

Places Teens Can Move and Have Fun

A Survey of Spaces Available for Physical Activity

Start your call or letter with something like the following:

Our group is working on a project to make it easier for teens to be physically active. Being physically active helps us to be healthy both physically and mentally.

As part of this project we are collecting information about free and low-cost places in our area where teens and others can exercise, play sports, etc. Would you mind answering some questions about your organization or group to help us?

Name of organization/group _____

Contact person _____

Address _____

Phone number _____

Location (Ex: in town, out of town, in or near school) _____

Inside or outside? _____

Permitted activities (Ex: biking, swimming, baseball, basketball) _____

Dates/seasons open _____

Hours open _____

Is the space public or private? _____

Is there a fee to use? _____

Supervision and other limitations for use by young people _____

Other comments: