



4-H DANCEFIT PARTICIPANT POST-SURVEY

1. Which one of the following describes you best for the last 7 days?

Read all five statements before deciding on the one answer that describes you.

- All or most of my free time was spent doing things that involve little physical effort
- I sometimes (1 — 2 times last week) did physical things in my free time
(e.g. played sports, went running, swimming, bike riding, did aerobics)
- I often (3 — 4 times last week) did physical things in my free time
- I quite often (5 — 6 times last week) did physical things in my free time
- I very often (7 or more times last week) did physical things in my free time

2. On an average school day, how many hours do you watch TV, play electronic games or use a computer for something that is not school work? (Count time spent on things such as Xbox, Playstation, Ipad or other tablet, smartphone, texting, Youtube, Instagram, Facebook or other social media.)

- I do not watch TV or play video/computer games or use a computer for something that is not school work
- Less than 1 hour per day 3 hours per day
- 1 hour per day 4 hours per day
- 2 hours per day 5 or more hours per day

3. Physical fitness can _____ be fun.

- Always
- Sometimes
- Rarely
- Never

4. How often do you dance?

- Everyday
- Once a week
- Once a month
- Less than once a month
- Never



MARKING INSTRUCTIONS

CORRECT: ● INCORRECT: ☒ ☓ ☐ ☑

5. Through dancing I will be able to . . .	Definitely Not	Probably Not	Not sure	Probably Will	Definitely Will
a. Improve my breathing and heart rate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Bend and move easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Maintain a good posture and balance.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Develop stronger bones and muscles.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Improve my performance in physical activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Improve my overall physical health.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. In general, how would you say your health is?

Excellent Very Good Good Fair Poor

7. Your first name starts with a . . .

A N
 B O
 C P
 D Q
 E R
 F S
 G T
 H U
 I V
 J W
 K X
 L Y
 M Z

8. Your last name starts with a . . .

A N
 B O
 C P
 D Q
 E R
 F S
 G T
 H U
 I V
 J W
 K X
 L Y
 M Z

9. You were born on which month?

January
 February
 March
 April
 May
 June
 July
 August
 September
 October
 November
 December

Thank you!

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