

Physical Activity Questionnaires

First, let's rate your child's physical activity. Circle the number that best describes your child (circle only one number)

0. Sits most of the time. Occasionally he walks around slowly.
1. Likes to howl, play billiards, go fishing, do puzzles, color, and play board games or marbles. But he likes television and video and computer games more.
2. Sometimes rides a bike or plays in the swimming pool. Or he'll dance or do some other indoor physical activity or sports about once or twice a week.
3. Plays on a sports team or goes to a dance or other indoor physical activity two or three times per week. Sometimes plays outside but doesn't run very much.
4. Plays on a sports team, dances, or does another indoor physical activity two or three times a week. Plays outside one to three times a week. Likes to run. Spends at least two to three hours on weekend days practicing or playing outside at a park, at a swimming pool, or in a gym.
5. Plays chase, tag, basketball, soccer, or some other indoor or outdoor game three to four times a week. Or he is on a sports team or involved with dance, gymnastics, or a martial arts team that practices three to five times per week. Really likes to run. Practices or plays at least five to six hours on weekend days.
6. Plays chase, tag, basketball, soccer, or some other indoor or outdoor game five to six times per week. Or he is on a sports team or is involved with dance, gymnastics, or a martial arts team that practices four to six times per week. Would rather run than walk anytime. Practices or plays almost all day on weekends.
7. Plays chase, tag, basketball, soccer, or some other indoor or outdoor game every day, or is on two or inure sports teams or is involved with dance, gymnastics, or a martial arts team that practices every day. Would rather run than walk anytime. Practices or plays all day on Saturday or Sunday.

List the numeral you circled above: _____

Dietary Risk Questionnaire

Now rate your child's eating habits. After each statement, circle the number that describes your child. (Circle only one number.)

Eating Habits	Unhealthy	Less Healthy	Healthy	Your Child's Score:
My child eats fast: food (hamburgers, fried chicken or nuggets, trench fries, bacon, sausage, biscuits)	0 More than three times per week	1 More than once per week	2 Less than once per week	
My child drinks sodas and fruit drinks	0 More than three times per week	1 More than once per week	2 Less than once per week	
My child eats chips or nachos	0 More than three times per week	1 More than once per week	2 Less than once per week	
When it comes to vegetable intake, my child	0 Dislikes most vegetables-eats them less than once per week	1 Likes a few-does not eat vegetables more than three to five times per week	2 Likes a variety-eats vegetables more than five times per week	
When it comes to breakfast, my child	0 Skips breakfast most of the time	1 Skips breakfast some of the time	2 Never skips breakfast	
The snacks in the pantry currently include	0 Chips, nachos Hot dogs, salami, Vienna sausage Frosted cookies, Brownies Sweet rolls, Frosted snack cakes Soda, fruit drinks Ice cream bars	2 Fruit Crackers-graham, wheat Popcorn, pretzels, Unfrosted cereals, oatmeal Granola bars, trail mix Nuts, peanut butter Cheese (part-skim), skim or low-fat milk 100 percent fruit juice		

Total what you circled on the Dietary Risk Questionnaire: _____

Add your totals from the Physical Activity Questionnaire and the Dietary Risk Questionnaire: _____

- If the score is greater than 7, your child is less likely to be at risk, but it's still a good idea to periodically monitor your child's eating and activity level.
- If the score is less than 7, your child may be at risk of becoming overweight.