



Survey

By Jessica Forton

It is important to **BE HONEST!**

Circle your gender: Male Female

A. TV and computer usage *For questions of time, round to the nearest half hour.*

How many hours a **day** do you...

1. watch TV, including movies? _____
2. play video games? _____
3. spend chatting/IM-ing or surfing in front of a computer? _____
4. Do you have a TV in your room? _____
5. Do you have a computer in your room? _____

B. What you eat

Consider any set amount you eat, regardless of amount, a serving. For example, a bag of grapes, a scoop of veggies, a piece of fruit, a handful of crackers, a bottle of beverage, etc.

How many servings a **day** do you eat or drink...

1. fruit? (fresh, previously frozen, or dried) _____
2. veggies? (fresh or frozen, cooked or raw) (French fries do not count!) _____
3. white foods, like bread, pasta, rice, cereal and crackers? _____

4. sugar-sweetened beverages? _____

Non-diet soda

Fruit punch or cocktail, Capri Sun, Snapple, etc

Gatorade, Powerade, Vitamin H₂O, etc.

Sweet tea (Arizona, Sobe, DD, McDonald's, etc.)

Iced coffee with sugar and/or flavor syrup

Coolata, Frappucino, Slurpee, Icee, etc.

Energy drinks (Red Bull, Monster, etc.)

How many times a **week** do you eat...

5. french fries? _____
6. pizza and/or calzone? _____
7. hamburgers or cheeseburgers? _____
8. at a fast-food restaurant? _____

any pizza place

any burger place

any Mexican place

any Chinese place

any sandwich place

any donut or coffee place

any restaurant where you
order at a counter

9. Do you eat at a fast food restaurant **daily**? _____

C. What you do *For questions of time, round to the nearest half hour*

How much time a **day** do you spend...

1. walking? _____
2. running or jogging, including at sports practice? _____
3. dancing and/or cheering? _____
4. doing other weight-bearing activity? _____
5. swimming or biking? _____
6. standing on your feet? _____