FIT 5: SURVEY TOOL FOR FIT 5 IMPLEMENTERS

1. Please describe your role.

   ☐ Coach

   ☐ Program Staff

   ☐ Health Messenger or Athlete Leader

   ☐ Parent or Caregiver

   ☐ Unified Partner

   ☐ Other:_____

2. Which of the following resources have you used to implement Fit 5? Select all that apply.

   ☐ Fit 5 Guide

   ☐ Fitness (Fit 5) Cards

   ☐ Fitness (Fit 5) Videos

   ☐ Fitness Tracking Tool

3. Please briefly describe how you have shared and implemented these Fit 5 resources.
   Free text_____

4. Whom are you targeting with the Fit 5 resource? Select all that apply.

   ☐ Recreational athletes

   ☐ Elite athletes

   ☐ Coaches

   ☐ Parents/guardians

   ☐ Children (under 11 years of age)

   ☐ Adolescents (12 -16 years of age)

   ☐ Young adults (17-25 years of age)

   ☐ Adults

   ☐ Other:_____

5. How do your participants access the Fit 5 resource(s)? Select all that apply.

   ☐ Special Olympics website

   ☐ Workshops

   ☐ Coaches

   ☐ Via Athlete Leaders

☐ Others:_____

6. What are you hoping to accomplish through implementing Fit 5? Please rank the list below in order of importance (1 is most important and 5 is least important).
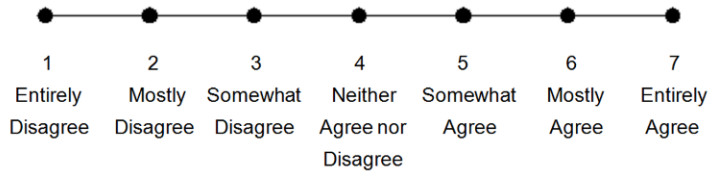
☐ More informed participants/athletes regarding physical activity, hydration and nutrition

☐ Monitoring improvements in physiological outcomes e.g. BMI, muscular endurance

☐ Changes in behavior

☐ Improvements in health outcomes e.g. type 2 diabetes

☐ Educating parents/guardians and/or coaches

☐ Other:_____

7. Have you adapted the Fit 5 resource(s) in any way to suit your Program's needs? For example, have you switched out any of the lessons from the Fit 5 Guide with your own?

☐ Yes

☐ No

☐ I don't know

8. If you have adapted any Fit 5 resources, please describe what you have adapted and why.
Free text_____

9. Please select the response to each question below that most aligns with your opinions:

1	2	3	4	5	6	7
Entirely Disagree	Mostly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Mostly Agree	Entirely Agree

The Fit 5 resource is user friendly	
The Fit 5 Guide has enough information	
The content of the Fit 5 resource is of high quality	

10. Please provide any additional feedback regarding your experience implementing the Fit 5 resources.
Free text_____