

YOUTH LIFESTYLE SURVEY

DESCRIPTION

Special Olympics (SO) would like your help to learn about the health behaviors of youth athletes and how they feel about physical activity. For younger athletes and those with low literacy, please read the survey questions out loud and involve them in selecting responses. Ask athletes to respond the best they can and provide guidance to get the most accurate information.

How long will this survey take? It will take approximately 5-8 minutes to complete.

Scan the QR code to complete the Lifestyle Survey online!



ABOUT YOU

First Name: _____ **Last Name:** _____

Special Olympics Program: _____ **How old are you?** _____

Today's Date (MM/DD/YYYY) _____

What sports are you participating in this season? _____

I am an: ☐ Athlete ☐ Unified Partner

What is your gender? ☐ Male (Boy) ☐ Female (Girl) ☐ Prefer not to say

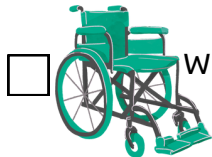
Which associated condition do you have? Check all that apply.

☐ Autism ☐ Cerebral Palsy ☐ Down syndrome ☐ Epilepsy ☐ Fetal Alcohol Syndrome

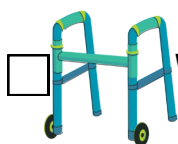
☐ Fragile X syndrome ☐ Marfan syndrome ☐ Spina Bifida ☐ Unknown

☐ Other: _____

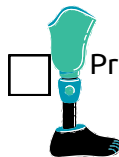
Do you use any of the following devices to help you move?



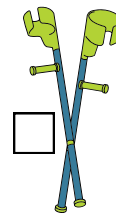
Wheelchair



Walker



Prosthetic



Brace or crutches

☐ Other: _____ ☐ I don't know ☐ I do not use a mobility device

Are you taking this survey at the beginning or end of your fitness program?

☐ At the beginning ☐ At the end ☐ I don't know

YOUTH LIFESTYLE SURVEY

FITNESS

Fitness is about keeping your body strong, healthy, and ready for physical activity. It means having a strong heart, muscles, and you're staying flexible so you can move easily.

What Special Olympics fitness program are you participating in?

☐ High 5 for Fitness



☐ SOfit



☐ Unified Fitness Club



☐ Other: _____

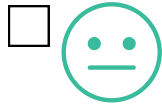
☐ Examples: Fit Families and Friends, walking clubs, fitness challenges on the Special Olympics fitness app, etc.

My fitness is:

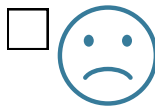
☐ Good



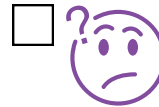
☐ Average



☐ Poor



☐ I don't know



There are many different kinds of fitness. One type is called endurance or aerobic fitness.

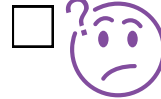
Endurance exercises...

☐ Help you lift, push or carry heavy things

☐ Help you stay active longer without getting tired

☐ Help you move easier and reach farther

☐ I don't know



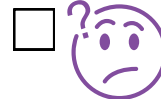
One type of fitness is called muscular strength. Strength exercises...

☐ Help you lift, push or carry heavy things

☐ Help you stay active longer without getting tired

☐ Help you move easier and reach farther

☐ I don't know



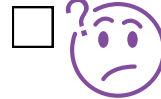
One type of fitness is called muscle flexibility. Flexibility exercises...

☐ Help you lift, push or carry heavy things

☐ Help you stay active longer without getting tired

☐ Help you move easier and reach farther

☐ I don't know



PHYSICAL ACTIVITY

Physical activity is about moving your body to have fun and stay healthy, like running, jumping, riding bikes, swimming, dancing, playing on the playground, and doing sports.

How much do you like doing physical activity?

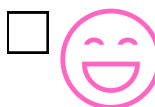
☐ I don't like it



☐ I like it a little bit



☐ I like it a lot



What motivates you to do physical activity? Pick all the ones for you.

☐ Having fun ☐ Being with friends ☐ Learning new activities ☐ Improving my skills

☐ Working hard and being challenged ☐ Working towards a goal ☐ Getting fit

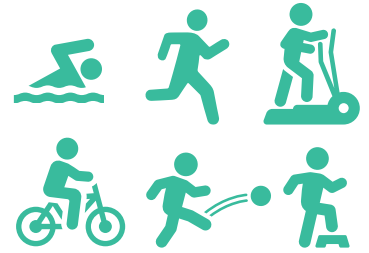
☐ Having a choice of activities ☐ People encouraging me

YOUTH LIFESTYLE SURVEY

PHYSICAL ACTIVITY

Think about the **LAST WEEK (7 days)**, **how many days** did you exercise, play a sport, or do physical activity for 60 minutes or more? Count all of the days you spent doing activities that made your heartbeat faster and made you breathe hard.

- ☐ 0 days ☐ 1 day ☐ 2 days ☐ 3 days I don't know
☐ 4 days ☐ 5 days ☐ 6 days ☐ 7 days ☐



Think about the **LAST WEEK (7 days)**, about **how many hours per day** did you spend in front of a TV, tablet, computer, cellphone or other electronic device watching programs, playing video games, using the internet or social media?



- ☐ Less than 2 hours ☐ 2-4 hours ☐ 5-7 hours I don't know
☐ 8-10 hours ☐ More than 10 hours ☐



HYDRATION & NUTRITION

Think about the **LAST WEEK (7 days)**, about **how many times per day** did you drink a glass or bottle of water?



- ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more I don't know
☐



Think about the **LAST WEEK (7 days)**, about **how many times per day** did you eat fruit?



- ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more I don't know
☐



Think about the **LAST WEEK (7 days)**, about **how many times per day** did you eat vegetables?






- ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 or more I don't know
☐






YOUTH LIFESTYLE SURVEY

COMPLETE THIS PORTION OF THE SURVEY AFTER YOUR FITNESS PROGRAM.




Did the fitness program or challenge make you more confident to do physical activity?

No	Maybe	Yes
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 



Did the fitness program or challenge make you more confident to eat healthy?

No	Maybe	Yes
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 




Did you learn something new about physical activity in the fitness program or challenge?

No	Maybe	Yes
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

Did you learn something new about nutrition in the fitness program or challenge?

No	Maybe	Yes
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 



Did you make friends in the fitness program or challenge that will help you be healthy?

No	Maybe	Yes
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

How much did you like participating in the fitness program or challenge?

I did not like it	I liked it a little bit	I liked it a lot
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 

Would you do the fitness program or challenge again?

No	Maybe	Yes
<input type="checkbox"/> 	<input type="checkbox"/> 	<input type="checkbox"/> 