

Special Olympics Fitness- Lifestyle Survey (Youth Version)

Description

At the beginning

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 QN code below to complete	First Name:	Last N	ame:	
What is your gender? Male (Boy) Female (Girl) Prefer not to answer The Lifestyle Survey online! I describe myself as:	Special Olympics Program:			
I am an: Athlete Unified Partner	Today's Date (mm/dd/yyyy): _	//	How old are you?	
What is your gender? Male (Boy) Female (Girl) Prefer not to answer The Lifestyle Survey online! I describe myself as: White Black or African American Native Hawaiian/Pacific Islander Native Hawaiian/Pacific Islander Native American/Alaska Native Which conditions do you have? (Check all that apply) Down syndrome Autism Spectrum Disorder Fetal Alcohol syndrome Fragile X syndrome Cerebral Palsy Intellectual Disability I don't have any of these conditions I don't know Do you use any of the following devices to help you move? Wheelchair I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? FAMILY 1 FAMILY 1 FAMILY 1 FORUM 2 Examples include Healthy Leap, Fit for Life, walking	What sports are you doing this	season?		
I describe myself as: White	I am an: Athlete U	nified Partner		Scan the QR code below to complet
White Black or African American Asian Native Hawaiian/Pacific Islander Native American/Alaska Native Two or more races I prefer not to answer I don't know Which conditions do you have? (Check all that apply) Down syndrome Autism Spectrum Disorder Fetal Alcohol syndrome Fragile X syndrome Cerebral Palsy Intellectual Disability I don't have any of these conditions I don't know Do you use any of the following devices to help you move? Wheelchair Walker Prosthetic Brace or Crutches Other: I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? FAMILY 1 HEALTH 1 FOR LUFFE, Walking Examples include Healthy Leap, Fit for Life, walking	What is your gender?	Лale (Boy) Female (Girl)	Prefer not to answer	the Lifestyle Survey online!
Native Hawaiian/Pacific Islander Native American/Alaska Native Two or more races I prefer not to answer I don't know Which conditions do you have? (Check all that apply) Down syndrome Autism Spectrum Disorder Fetal Alcohol syndrome Fragile X syndrome Cerebral Palsy Intellectual Disability I don't have any of these conditions I don't know Do you use any of the following devices to help you move? Wheelchair I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? FAMILY INTERESCUB FORUM SEXEMENTS. Check all that apply) I don't know Other: Other (Please describe) Examples include Healthy Leap, Fit for Life, walking	I describe myself as:			同級統領
Which conditions do you have? (Check all that apply) Down syndrome Autism Spectrum Disorder Fetal Alcohol syndrome Fragile X syndrome Cerebral Palsy Intellectual Disability Idon't have any of these conditions Idon't know Do you use any of the following devices to help you move? Wheelchair Walker Prosthetic Brace or Crutches Other: Idonot use mobility devices Idon't know What Special Olympics fitness program are you participating in? FAMILY 1 HEALTH 5 FORUM A Examples include Healthy Leap, Fit for Life, walking		White Black or African A	merican Asian	DET 42 (42)
Which conditions do you have? (Check all that apply) Down syndrome Autism Spectrum Disorder Fetal Alcohol syndrome Fragile X syndrome Cerebral Palsy Intellectual Disability I don't have any of these conditions I don't know Do you use any of the following devices to help you move? Walker Prosthetic Brace or Crutches Other: I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? High 5 for Fitness FAMILY TO FITNESS CLUB FAMILY TO FITNESS CLUB Examples include Healthy Leap, Fit for Life, walking		Native Hawaiian/Pacific Islander	Native American/Alaska Native	
Down syndrome Autism Spectrum Disorder Fetal Alcohol syndrome Fragile X syndrome Cerebral Palsy Intellectual Disability I don't have any of these conditions I don't know Do you use any of the following devices to help you move? Walker Prosthetic Brace or Crutches Other: I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? FAMILY THESE CLUB FORUM A UNIFIED FITNESS CLUB Examples include Healthy Leap, Fit for Life, walking		Two or more races I prefer r	not to answer I don't know	
Intellectual Disability I don't have any of these conditions I don't know Do you use any of the following devices to help you move? Wheelchair Walker Prosthetic Brace or Crutches Other: I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? High 5 for Fitness FAMILY THE LAITH SPORT OF THE STANLY SECULLAR SECULLAR SECONDARY SECO	Which conditions do you have? (0	heck all that apply)		
Do you use any of the following devices to help you move? Wheelchair Walker I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? FAMILY THEALTH OF FORUM Other (Please describe) Examples include Healthy Leap, Fit for Life, walking	Down syndrome Autism Sp	ectrum Disorder Fetal Alcohol s	yndrome Fragile X syndro	ome Cerebral Palsy
Wheelchair Walker I do not use mobility devices I don't know What Special Olympics fitness program are you participating in? High 5 for Fitness FAMILY THEALTH OF FORUM A Wheelchair Other (Please describe) Examples include Healthy Leap, Fit for Life, walking	Intellectual Disability	don't have any of these conditions	I don't know	
Other: I do not use mobility devices	Do you use any of the following	devices to help you move?		P'A E 7
What Special Olympics fitness program are you participating in? FAMILY 1	Wheelchair	Walker	Prosthetic	Brace or Crutches
High 5 for Fitness UNIFIED FITNESS CLUB SPECIAL OLYMPICS Other (Please describe) Examples include Healthy Leap, Fit for Life, walking	Other:	I do not use mobility devices	I don't know	
High 5 for Fitness UNIFIED FITNESS CLUB SPECIAL DLYMPICS WINIFIED FITNESS CLUB SPECIAL DLYMPICS Examples include Healthy Leap, Fit for Life, walking	What Special Olympics fitne	ess program are you participa	ting in?	
Examples include Healthy Leap, Fit for Life, walking	High 5 for Fitr	FAMILY † HEALTH 5 FORUM 4	UNIFIED	Other (Please describe)
Are you taking this our vey at the beginning or end or your rithess program:	Are you taking this survey at	the heginning or end of your	SPECIAL DLYMPICS	
	Are you taking this survey at	the beginning of end of your	richess program:	

I don't know

At the end

Fitness

Fitness is about keeping your body strong, healthy, and ready for physical activity. It means

having a strong	g heart, muscles, and y	ou're staying flexib	ole so you can move easily.			
My physical fitness is:				9.1		
Good	Average	Роог	I don't know	///		
	<u>••</u>	<u></u>	303 = =================================	υU		
There are many different kinds o	of fitness. One type is called	endurance or aerobic fit	ness. <u>Endurance</u> exercises			
Help you lift, push or carry heavy things	Help you stay a without getting	_	Help you move easier and reach farther.	I don't know		
One type of fitness is called mu	scular strength. <u>Strength</u> ex	ercises		I don't know		
Help you lift, push or carry heavy things	Help you stay a without getting	_	Help you move easier and reach farther.	303 [
One type of fitness is called mu	ıscle flexibility. <u>Flexibility</u> ex	сегсises		I don't know		
Help you lift, push or carry heavy things	Help you stay a	_	Help you move easier and reach farther.	?Q?		
	Ph	ysical Activity				
Physical Activity is abo	ut moving your body t	o have fun and stay	healthy, like running, jum	ping, riding bikes,		
SV	wimming, dancing, play	ying on the playgro	und, and doing sports.			
How much do you like doin	g physical activity?					
I don't like it	I like it a li	ttle bit	like it a lot			
25				R		
What motivates you to do physical activity? Pick all the ones for you.						
I laving rain	ng with Learning new activities	Improving my skills		g a choice ctivities		

<u>T</u> more?

hink about the LAST Count all of the tim doing activities tha heart beat faster a breathe hard.		 -	 sport, or do physi	-	or <u>60 minutes or i</u> I don't know
O Days	1 2 Days		•	•	computer,

<u>T</u> cellphone or other electronic device watching programs, playing games, using the internet or social media?

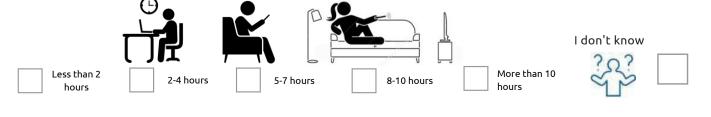
Getting fit

Workign

towards a goal

People

encouraging me



	Think about the LAST WEEK	<u>(7 days),</u> about how	many <u>times per day</u> (did you drink a glass or bol	ttle of water?
	0 1	2 3	4 5 or ma	ore I don't know	
	Think about the LAST WEEK	<u>K (7 days),</u> about ho	w many <u>times per da</u> y	<u>/</u> did you eat fruit?	
K	0 1	2 3	4 5 or mo	ore I don't know	
	Think about the LAST WEE	K (7 days), about ho	ow many <u>times per da</u>	ay did you eat vegetables	?
	0 1	2 3	4 5 or 1	more I don't know	
	Complete this po	rtion of the su	rvey after you	r fitness program.	~ (0). ~
	Did the fitness progran	n or challenge mak	e you more confide	nt to do physical activity	/?
	No 🗸	Maybe C	Ém	Yes	
	Did the fitness progra	m or challenge ma	ke you more confid	ent to eat healthy?	
	No 🗸	Maybe ⁴		Yes A	
	Did you learn somethin	g new about physi	cal activity in the f	itness program or chall	enge?
	No V	Maybe ⁴		Yes 🖒	
	Did you learn somethir	ng new about nutr	ition in the fitness	program or challenge?	ı
	No 🗸	Maybe		Yes 🖒	
	Did you make friends i	n the fitness prog	ram or challenge t	hat will help you be hea	althy?
	No V	Maybe		Yes [
	How much did you lik I did not like it	e participating in	the fitness progra	am or challenge? I liked it a	lot
	23				
	Would you do the fitn	ess program or ch	nallenge again?		
	No V	Maybe		Yes A	

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