

# Lifestyle Survey

Special  
Olympics



Name: \_\_\_\_\_ Special Olympics Program Name: \_\_\_\_\_

Today's Date: \_\_\_/\_\_\_/\_\_\_ Date of Birth: \_\_\_/\_\_\_/\_\_\_ Gender (please circle one): Male / Female

Special Olympics Sports (please list all): \_\_\_\_\_

**Please complete the questions below. There is no right or wrong answer.**

1. Do you have an intellectual disability?



Yes



No



Not Sure

2. How is your health? Circle the face that shows your answer.



Good



Okay



Not Good



Not Sure

3. How many fruits/vegetables did you eat yesterday? \_\_\_\_\_



Check here if not sure

4. Do you feel like you can make healthy choices about nutrition right now? Circle the hand that shows your answer.



Yes



No



Not Sure

5. How many water bottles did you drink yesterday? \_\_\_\_\_

Note: 1 water bottle = 2 glasses of water or 16 ounces



Check here if not sure

6. Do you feel like you can make healthy choices about hydration right now? Circle the hand that shows your answer.



Yes



No



Not Sure

7. Last week, how many days did you exercise or play sports? \_\_\_\_\_



Check here if not sure

8. Last week, how many days did you exercise or play sports outside of a Special Olympics sport practice?

Check here if not sure

9. Do you feel like you can make healthy choices about exercise and sports? Circle the hand that shows your answer.



Yes



No



Not Sure



*This is Jerry. Jerry likes bowling. Jerry's **best score** in bowling is 215.*

If you have a best score or time in a sport like Jerry does, please list it below.

Sport: \_\_\_\_\_

Best score/time: \_\_\_\_\_

*Jerry also loves swimming. Jerry trains 5 days a week so he can reach his **goal** of getting a new personal best record in the 50 meter freestyle.*

9. Did you set a goal to improve your sport or fitness like Jerry did? Circle the hand that shows your answer.



Yes



No



Not Sure

**What was your goal?**

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10. Did setting a goal make you want to work harder? Circle the hand that shows your answer.



Yes



No



Not Sure

11. As you worked on your goal, did you see your sports or fitness change? Circle the hand that shows your answer.



Yes



No



Not Sure

12. As you worked on your goal, did your health change? Circle the hand that shows your answer.



Yes



No



Not Sure

**Now we would like to ask you some questions about the [insert name of Fitness program] that you recently participated in.**

13. Did you enjoy [Fitness program]?  
Circle the hand that shows your answer.



Yes



No



Not Sure

14. As you took part in [Fitness program], did you see your sports or fitness change?  
Circle the hand that shows your answer.



Yes



No



Not Sure

15. As you took part in [Fitness program], did your health change?  
Circle the hand that shows your answer.



Yes



No



Not Sure