Well Prepared Program

Pre/Post Questionnaire for Kids

Before answering the following questions tell us how old you are……………………………

Are you a boy, girl, or you don’t want to answer?

1. Boy
2. Girl
3. Don’t want to answer
4. I have learned about how the 5210 program can help me remember some ways to make healthy choices and stay active from my parents, at school or at an after school activity
	1. Yes If yes how did you learn about the program?
	2. No

The next questions, will ask about what the numbers in the 5210 program name represent or stand for:

1. The 5 in the 5210 program name represents
	1. The recommended amount of fruits and vegetables kids should eat
	2. Hours of recommended screen time for kids
	3. Recommended hours of physical activity for kids
	4. Recommended amount of drinks with sugar that kids should have
2. The 2 in the 5210-program name represents
	1. The recommended amount of fruits and vegetables kids should eat
	2. Hours of recommended screen time for kids
	3. Recommended hours of physical activity for kids
	4. Recommended amount of drinks with sugar that kids should have
3. The 1 in the 5210-program name represents
	1. The recommended amount of fruits and vegetables kids should eat
	2. Hours of recommended screen time for kids
	3. Recommended hours of physical activity for kids
	4. Recommended amount of drinks with sugar that kids should have
4. The 0 in the 5210-program name represents
	1. The recommended amount of fruits and vegetables kids should eat
	2. Hours of recommended screen time for kids
	3. Recommended hours of physical activity for kids
	4. Recommended amount of drinks with sugar that kids should have