

Lifestyle Survey: Fitness & Wellness Programs

For Program Leaders



Special Olympics
Washington
Health



Scan to access
online survey

Team Name	
Area	
Fitness Program	
Sport	
Sport Season	
Program Leader Name	
Final # of Participants	

Survey Questions	
1	<p>Role <i>(A=Athlete, CAR=Caregiver, CO=Coach, P=Parent, UP=Unified Partner)</i></p>
2	<p>Race/Ethnicity <i>(AI=American Indian/Alaskan Native, AA=Asian American, B=Black/African American, H=Hispanic/Latinx, PI=Native Hawaiian/Pacific Islander, W=White/Caucasian, Blank=Prefer not to answer)</i></p>
3	<p>T-Shirt Size <i>(XS, S, M, L, XL, 2XL, 3XL, 4XL)</i></p>
4	<p>Nutrition After participating in this program, I can make healthier choices about nutrition <i>(True, False, Unsure)</i></p>
5	<p>Hydration After participating in this program, I can make healthier choices about hydration <i>(True, False, Unsure)</i></p>
6	<p>Exercise After participating in this program, I can make healthier choices about exercise <i>(True, False, Unsure)</i></p>
7	<p>Mental Health After participating in this program, I feel better about my mental health <i>(True, False, Unsure)</i></p>
8	<p>Goals This program helped me achieve my health goal <i>(True, False, Unsure)</i></p>
9	<p>What was your favorite part about participating in this program?</p>
10	<p>Did you notice any positive changes in your health after participating in this program? Please share!</p>
11	<p>Do you have any suggestions to help us improve this program?</p>

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