Get Up and Move! Initiative Family Survey

In order to provide relevant and practical information for the Get Up & Move! initiative, which provides information about health and fitness topics at 4-H club meetings, please answer a few questions below. Your comments and feedback are appreciated! Please return completed survey by August 31, to: State 4-H Office, Attn: Get Up & Move!, 1902 Fox Drive, Suite A, Champaign, IL 61820, or email: roy2@illinois.edu.

1. Has your child made more nutritious choices for snacks during the past year?
   ___ Yes, if yes, describe: ______________________
   ___ No

2. Have you noticed a change in your child’s daily physical activity during the past year?
   ___ Yes, if yes, describe: ______________________
   ___ No

3. Has your family increased the amount of physical activities that you do together during the year?
   ___ Yes, if yes, describe: ______________________
   ___ No

4. Has your family read any of the Family Activity Guides provided as a part of Get Up and Move!?
   ___ Yes, if yes, suggestions: ___________________
   ___________________________
   ___________________________
   ___ No

5. Has your family participated in any of the Family Activity Challenges as part of Get Up and Move!?
   ___ Yes, if yes, suggestions: ___________________
   ___________________________
   ___________________________
   ___ No

6. Is there other information that you would like to share related to Get Up and Move!?
   __________________________________________
   __________________________________________
   __________________________________________
   __________________________________________

Deadline: August 31.
County: ___________________________
Club Name: ______________________
Family Name: ______________________

Families who participate in Get Up and Move! and complete and submit this survey to the State 4-H Office are supporting the Healthy Living Mission Mandate and contributing to the positive health and nutrition education among young people.