



Let's Move! Post-Assessment Survey

Thank you for agreeing to participate in this survey. Your answers are completely voluntary, and you can choose to not answer any question(s). Your answers will also be kept completely confidential.

Your Name: _____

Name of Your Organization: _____

Today's Date: ____ / ____ / 2013
Month Date

YOUR BACKGROUND

1. What is your age?

₁ 20 or under

₂ 21-30

₃ 31-40

₄ 41-50

₅ 51-60

₆ 61 +

2. What is your gender?

₁ Female

₂ Male

3. How do you identify your race? (CHECK ALL THAT APPLY)

₁ American Indian/Alaska Native

₂ Asian American

₃ Black/African American

₄ Hispanic or Latino

₅ Pacific Islander

₆ White

4. How do you identify your ethnicity? (CHECK ALL THAT APPLY)

Chamorro

Marshallese

Native Hawaiian

Other: Please specify: _____

Samoan

Tongan

5. What is your overall education achievement?

₁ Less than High School

₂ High School Diploma

₃ Vocational School

₄ Some College

₅ Associate's Degree

₆ Bachelor's Degree

₇ Master's Degree or higher

₈ Technical Degree

6. **Prior to starting the Let's Move! 10-minute DVD** offered at your organization from [DATE – DATE], please recall your physical activity levels. Please check only one box.
- I was not regularly physically active and *did not intend* to be so in the next 3 months.
- I was not regularly physically active but was *thinking about starting* to do so in 3 months.
- I was not regularly physically active but *intended to become* regularly active in 30 days.
- I was regularly physically active but *have been so for less than 6 months* prior to the start of Let's Move! in my organization.
- I was regularly physically active and *have been so more than 6 months* prior to the start of Let's Move! in my organization.

MEDIUM-INTENSITY ACTIVITIES

Medium-intensity free time activities require **a bit of effort** to perform, cause an increase in breathing and heart rate, and include biking, cultural dancing, brisk walking, recreation (such as shooting basketballs, golfing, or volleyball), and the **Let's Move! 10-minute program**.

7. **Prior to the start of Let's Move!** in your organization, on approximately how many days per week did you perform medium-intensity activities?
Approximately _____ days per week
8. **Prior to the start of Let's Move!** in your organization, thinking about each of the days you reported performing medium-intensity activities in Question 7, on average how many minutes per day did these activities last?
Approximately _____ minutes per day
9. **After the start of Let's Move!** in your organization, on approximately how many days have you performed medium-intensity activities?
Approximately _____ days per week
10. **After the start of Let's Move!** in your organization, thinking about each of the days you reported performing medium-intensity activities in Question 9, on average how many minutes per day did these activities last?
Approximately _____ minutes per day
11. Which one of the following statements best represents your intentions to be physically active in the future? Please check one of the boxes below.
- I intend to continue my physical activity levels for the next 3 months.
- I intend to continue my physical activity levels for the next 6 months.
- I intend to continue my physical activity levels for the next 12 months.

ID: _____

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12. What did you like **best** about the Let's Move! 10-minute DVD?

13. What did you like the **least** about the Let's Move! 10-minute DVD?

14. What is one **suggestion you can give us to improve** the Let's Move! 10-minute program to increase physical activity among Pacific Islanders?

15. Would you recommend the Let's Move! 10-minute program to others? Why or why not??