

CREATE BETTER HEALTH TAI CHI PRE SURVEY

Use at the beginning of the **first** class of a series in **FY 2025**.



Please take a few minutes to answer the following questions. All responses are confidential, and there are no right or wrong answers to any questions in this survey. The information you provide will help us improve our program and be accountable to SNAP-Ed funders.

1. Write your initials, birth month (2-digit), and birth day (2-digit) below.

For example, if your name were John Doe and your birthdate were May 1, you would write:

First letter of first name: J First letter of last name: D Birth month: 05 Birth day: 01

First letter of first name: _____ First letter of last name: _____ Birth month: _____ Birth day: _____

2. How many Create Better Health (SNAP-Ed) classes have you attended this year? (including this one)

- 1 2 3 4 5 6 7 8 or more

3. In the past week, how many days did you exercise for at least 30 minutes?

(This 30 minutes could be all at once or a few minutes at a time).

- 0 1 2 3 4 5 6 7

4. The next section has statements people have made about what they do. Choose the option that best fits what you have done over the last 30 days.	Never	Rarely	Sometimes	Often	Always
I spent time being physically active with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I felt connected to people who enjoy the same activities as I do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did activities to improve flexibility.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I did activities to increase muscle strength more often.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
During the day, I spent less time sitting, being inactive, or sedentary.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. What do you hope to get out of attending Create Better Health classes?

For Office Use Only

Ambassador Name: _____ **Lesson:** _____

Location: _____

