



TEACHER AND STUDENT SURVEY

1

When I make a plan to eat healthy, I can do it.

Always Most of the time Sometimes Not very often Never

2

I give up on exercise before I finish it.

Always Most of the time Sometimes Not very often Never

3

I choose to eat fresh fruit rather than junk food.

Always Most of the time Sometimes Not very often Never

4

When I make a plan to exercise, I can do it.

Always Most of the time Sometimes Not very often Never

5

I can calm myself down when I need to.

Always Most of the time Sometimes Not very often Never

6

I feel stressed at home before going to sleep at night.

Always Most of the time Sometimes Not very often Never

7

I can remember to floss my teeth every day.

Always Most of the time Sometimes Not very often Never

8

When I am mad or sad, I get happy pretty fast.

Always Most of the time Sometimes Not very often Never

9

I like myself.

Always Most of the time Sometimes Not very often Never