



Playbook Polling Resources (Activity Planning Poll Questions)

Using polls and surveys can help you target your efforts to the things that have the most chance of making healthy changes in your school. A poll can help you learn about students' interests, what they value and things that might motivate them. Setting up a poll before you run a Healthy Eating Play can help guide you toward whether you might have more success with a breakfast strategy or with a cafeteria restyle Play, for example. Polling students about Physical Activity Plays can help you decide between a morning or in-school strategy.

And once you decide on a Play, a poll can help you plan for the most effective implementation. Figuring out *where* kids are likely to stop for a "grab-n-go" breakfast or whether a walking club is more likely to be popular in the morning or at lunch time will help you plan for success.

Take a look at some of the pre-made polls and follow these steps to collect, and make good use of, valuable data from your own school:

STEP 1: Poll Your School

Select a poll that's related to the Play you're thinking of implementing. There are several to choose from. Customize the poll so it meets your needs. Alternatively, use the existing polls for ideas on how to create your own.

STEP 2: Interpret Your Poll Results

Everyone needs to work together — students, Program Advisor(s), P.E./Health teachers and the School Nutrition Manager — to make some decisions based on your poll results. Using real data about what students prefer or need can help you plan for the most success.

STEP 3: Set Your Goals

Use the information you gathered, and set some goals based on what you've learned and what you want to accomplish. Think about both short- and long-term goals. Is it realistic to try to get 50% of students participating in a grab-n-go breakfast program? 75% over the long term? Do you think you can get everyone in the school to try the walking club for a few days? How about half the school doing it on a regular basis? Be realistic, but be aggressive!

Are you ready? Then check out the existing polls on the next pages and get started planning your Plays.



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Sample Breakfast Poll

1. Do you eat breakfast?

___ Yes ___ No

If no, why not?

- No time
- Not hungry in the morning
- No food at home
- Don't like food choices at school
- Don't get to school in time

2. Rate how likely you would be to eat breakfast if it was available at school in the places and at the times listed below.

Location	Not at all Likely	Somewhat Likely	Very Likely
a. In class			
b. Near or in cafeteria			
c. Near my first period classroom			
d. Near bus or car-lane drop-off			
e. Near gym			
f. Other			

Time	Not at all Likely	Somewhat Likely	Very Likely
a. Before school			
b. After first period			
c. Other			

3. Which of the following would you be most likely to select as a breakfast option? You must pick from at least two of the five food groups.

Dairy ___	Fruits ___	Vegetables ___	Grains ___	Protein Foods ___
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Sample Activity Poll

1. Do you have trouble concentrating during the school day?

___ Yes ___ No

If so, when does that happen?

- First thing in the morning
- Near the end of the day
- Near the end of a class
- Right before lunch
- Right after lunch

2. Do you have trouble concentrating during class?

___ Yes ___ No

If so, when does that happen?

- Right at the beginning; I have trouble getting "into" it.
- In the middle; I lose focus partway through.
- Near the end; I need to "wrap it up."

3. If you were going to participate in physical activities during class, when would be the best time to do them? (Check all that apply.)

- Right when we get in the classroom
- Halfway through the class
- Just before we leave for our next class
- In the hall when moving to our next class



4. Rate how likely you would be to participate in the following types of physical activity in the classroom.

Types of Activities:	Not at all Likely	Somewhat Likely	Very Likely
a. Mini-workout circuit in class			
b. Stretching			
c. Running or jumping in place			
d. Strength-building activities like push-ups or calisthenics			
e. Group exercise games			
f. Activities that involve music			
g. Other: _____			



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Sample Activity Poll

1. Do you get the recommended 60 minutes or more of physical activity every day?

___ Yes ___ No

If no, why not? (Check all that apply.)

- Not enough time
- Nowhere to do it
- I don't like to work out.
- It's too hard.
- I didn't know it was important.

2. How or where do you spend time getting the most physical activity?

- Practicing with a sports team at our practice location
- In a gym
- At home or in the neighborhood
- At school during P.E.
- There is no place or way I can spend time getting physical activity.

3. When do you find it easiest to get physical activity?

- Early in the morning before or on the way to school
- During the school day (lunch break, P.E. class, etc.)
- After school or in the evenings
- Only on weekends

4. How important is it for you to get enough physical activity?

- Not that important
- Somewhat important
- Very important



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5. Would you like having the chance to earn rewards for yourself or the school by completing physical activity "extra credit"? (Choose the one that best describes your response.)

- I wouldn't like it, but I'd do it.
- I'd like it because it would get me to be physically active.
- It wouldn't matter because I probably wouldn't have time or a place to do it.
- I'd like it but I'm already physically active, so I'd do it anyway.
- No, I don't like the idea.

6. Rate how likely you would be to take advantage of the following places and times in school if they were available to students for being physically active.

Location:	Not at all Likely	Somewhat Likely	Very Likely
a. In a special area of the cafeteria during lunch			
b. In a special classroom available to students during study hall time			
c. In the gym before school			
d. Other: _____			



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