

GEMS ID

Initials

Date of Evaluation  
       
 month          day          year

## GEMS Physical Activity and Me

***The next questions ask about physical activity and how hard you think it would be to be more physically active. How hard do you think it would be to ...***

1. be physically active instead of watching television	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
2. be physically active most days after school	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
3. ask my parent or other adult to do physically active things with me	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
4. ask my parent or other adult to take me to a physical activity or sport practice	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
5. ask my friends to be physically active with me	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
6. be physically active on weekends, Saturday and Sunday	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
7. play sports on a team	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
8. be physically active when I am inside my house	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>
9. be physically active even if I feel tired	Not at all hard <input type="checkbox"/>	A little hard <input type="checkbox"/>	Very hard <input type="checkbox"/>