

Session 13

Program Conclusion

We have concluded the Triple Play/Healthy Habits program. We hope we met our goal for you to learn a lot about how you can make healthy choices and have gained some self-confidence moving forward into your next school-year. Never forget that you are special in your own ways and it is important for you to always remember that even if you are different from other people your uniqueness is part of the reason why you are special. Also remember your “What I like about me” page. If you are ever feeling down or sad you can go back to that page and remember all the positive things that you have thought of about yourself throughout this program.

You can complete the following and turn them into Ryan at the Cliff Hagan Boys & Girls Club so we can help improve our program in the future!

#1 Post Test

#2 Parent/Guardian Survey

Healthy Habits Post-test/survey

How true are the following statements for you: (circle one)

| | | | | |
|---|-----------------|---------------|--------------|-----------|
| I think about how the choices I make now can affect my health in the future | Not true at all | Not very true | Sort of true | Very true |
| When I set goals for my health, I think about challenges that may get in my way | Not true at all | Not very true | Sort of true | Very true |
| It is easy for me to choose healthy when I am away from home | Not true at all | Not very true | Sort of true | Very true |
| It is easy for me to choose healthy foods when I am at home | Not true at all | Not very true | Sort of true | Very true |
| I am confident in my abilities to choose healthy foods | Not true at all | Not very true | Sort of true | Very true |

Which of the following is not a food group?

- a. Fruit
- b. Grains
- c. Dairy
- d. They all are food groups

What is an example of a Protein food?

- a. Strawberries
- b. Bread
- c. Corn
- d. Candy
- e. None of the above

Where is the best place to find the nutrients that are in my drink or food?

- a. By looking at the label
- b. By asking my friend who likes that drink
- c. Through a TV advertisement
- d. By tasting a snack and then guessing
- e. There is no way to know what is in your drinks or food

Parent Survey – Triple Play/Healthy Habits

1. How satisfied were you with the overall Triple Play/Healthy Habits Program? (1 being unsatisfied and 5 being very satisfied)

(unsatisfied) 1 2 3 4 5 (very satisfied)

2. How likely would you be to recommend the Triple Play/Healthy Habits program to another family and/or child)

(Unlikely) 1 2 3 4 5 (Very Likely)

3. What were some of the things you and/or your child enjoyed about the Triple Play/Healthy Habits Program?

4. In what ways do you believe we could have improved the Triple Play/Healthy Habits Program? If you answered negatively on questions 1 or 2, please explain here)
