



# Survey and Polling Tools

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 give you quick information – rating a food taste test; identifying favorite activities, etc. Students can answer by raising a hand, putting a colored paper in a bowl or any number of ways.
- A survey can help you learn about student interests, what they value and what motivates them.
- Taking a survey 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, for example.
- Polling students about Physical Activity Plays can help you decide between a morning club, an in-school strategy, or a schoolwide effort to make physical activity areas more inviting.

## STEP 1: Survey or Poll Your School

Select a poll or survey that's related to the Play you're thinking of implementing. There are several to choose from. Customize it so it meets your needs or make your own. The answers will help you plan.

## STEP 2: Interpret Your Results

Everyone on the team needs to work together to make some decisions based on your 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 and go breakfast program? 75% over the long term?
- Can you 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 surveys and polls on the next pages and get started planning your Plays.

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## SAMPLE HEALTHY EATING POLLS [\(top\)](#)

### Taste Testing Polls

1. Which new food do you like best?
  - Food One
  - Food Two
  - Food Three
  
2. I would choose this food if it were on the breakfast menu.  Yes  No

### Polls for Setting Goals

1. I drink milk at
  - All my meals
  - Most meals
  - No meals
  
2. I eat breakfast
  - Every day
  - Most days
  - Some days
  - Never

### Other Ideas

1. My favorite snack is
  - Food One
  - Food Two
  - Food Three
  
2. I would be more likely to eat breakfast \_\_\_\_\_.
  - In the classroom with others eating too
  - On the way to class
  - In the cafeteria before school
  
3. When I waste some of my lunch it is most often because \_\_\_\_\_.
  - I don't like it.
  - I run out of time.
  - I am not hungry.

## SAMPLE PHYSICAL ACTIVITY POLLS [\(top\)](#)

### Sample Activity Preference Polls

1. Which type of physical activity do you like best?
  - Walking/Running
  - Playing team sports
  - Working out on my own
  - Playing with friends
2. I would join a walking club if the school had one.  Yes  No

### Polls for Setting Goals

1. I am \_\_\_\_\_.
  - Good at sports
  - Okay at sports
  - Not that great at sports
  - A disaster at sports
2. I get 60 minutes of physical activity.
  - Every day
  - Most days
  - Some days
  - Almost never

### Other Ideas

1. At free periods or recess I like to
  - Run around and play
  - Sit and talk with friends
  - Get into a game like kickball or basketball
  - Do something easy-going like take a walk

## SAMPLE BREAKFAST SURVEY [\(top\)](#)

- a. 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

- b. 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:			

- c. 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 PHYSICAL ACTIVITY SURVEY [\(top\)](#)

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:			

## SAMPLE PHYSICAL ACTIVITY SURVEY [\(top\)](#)

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.)
  - I don't have enough time.
  - 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.
  
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
  
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.
  - 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:			

## SAMPLE FOOD WASTE SURVEY [\(top\)](#)

Food waste is an important issue for our schools and communities. We are hoping to help reduce the amount of waste in our cafeteria. Which of the following would you be likely to help with?

Task	Not at all Likely	Somewhat Likely	Very Likely
a. Helping measure and record waste in the cafeteria			
b. Work with local food pantries to collect and/or distribute waste from our cafeteria			
c. Help with composting wasted food so it can be used to support gardens at school or in the community			
d. Make flyers and help spread the word about what we are doing to help reduce waste			
e. Other:			