

Take Time! Teacher Survey



Please answer the following questions about your classroom and yourself:

School: _____ Grade taught: _____

1. Last year, about how many extra minutes per day did you provide students with opportunities for physical activity during the schoolday?

0 1-4 5-9 10-14 15-19 20+

2. How many extra minutes per day do you think would be appropriate for you to provide students with opportunities for physical activity during the schoolday?

0 1-4 5-9 10-14 15-19 20+

3. How prepared do you feel to provide your students with opportunities for an extra 10-20 minutes of physical activity every day?

Not prepared Not very prepared Somewhat prepared Prepared Very prepared

4. Do you currently have adequate resources available to support you in offering an extra 10-20 minutes of physical activity every day?

___ Yes ___ No

5. Are you interested in incorporating physical activity into the school day?

Uninterested Not very interested Somewhat interested Interested Very interested
If interested, how would you like to incorporate physical activity into the school day? _____

6. Last year, about how many hours of nutrition did you teach weekly? _____

7. About how many hours of nutrition education do you think should be taught weekly? _____

8. Do you currently have the knowledge and/or resources to provide students with nutrition education in the classroom?

Not at all Not really Somewhat Yes Absolutely

9. Are you interested in including more nutrition education messages in the classroom?

Uninterested Not very interested Somewhat interested Interested Very interested

10. Does your classroom currently have any policies, procedures or practices related to physical activity and/or nutrition?

___ Yes ___ No If Yes, what are they? _____

Thank you for completing our survey!