

Evaluation



walkfit

....evaluation tools

#1 Traditional pre/post

- Color
- Black and white

walkfit
Traditional Evaluation

Name: _____
Date: _____
Teacher Name: _____

True or False. Fill in the answer.

1. Without a gym membership, I can't be active.
 True False.

2. Being active helps me to be healthy.
 True False.

3. I can be more independent if I walk more.
 True False.

4. I burn the same number of calories watching TV as walking.
 True False.

What do you do? Fill in your answer.

5. Which activities do you do more often?
 a. watch television
 b. play video games
 c. play sports
 d. read
 e. play outside

6. Which activity do you usually do after school?
 a. watch television
 b. play video games
 c. play sports
 d. do homework
 e. play outside

What is the better choice? Circle the correct answer.

7. Jose gets hungry while walking home from school so decides to get a snack. His choices are to stop at a gas station for chips or pretzels or stop at McDonalds for French fries.
Which snack is the healthiest choice?
 a. 3.5oz bag of chips containing 560 calories
 b. 3.5oz bag of pretzels containing 350 calories
 c. 5 small (2.5oz) fries containing 210 calories

8. Jenna is thirsty after soccer practice. She opens her refrigerator to get a drink. Her choices are soda, water, or Sunny Delight.
Which drink is the healthiest choice?
 a. 32 oz soda containing 400 calories
 b. 8 oz water containing 0 calories
 c. 12 oz orange juice containing 140 calories

Sedentary or Active? Fill in the answer.

9. Riding a bike
 sedentary active

10. Reading a book
 sedentary active

11. Watching television
 sedentary active

12. Walking to school
 sedentary active

13. Playing video games
 sedentary active

14. Playing soccer
 sedentary active



....evaluation tools

#2 Retrospective

- Color
- Black and white

walkfit Retrospective Evaluation

Name: _____
Date: _____
Teacher Name: _____

BEFORE

Fill in the answer.

Before Walkfit, how many days a week did you ...

1. walk when you would usually drive?
 0 1 2 3 4 5 6 7
2. play outside?
 0 1 2 3 4 5 6 7
3. walk to or from school?
 0 1 2 3 4 5 6 7
4. play at the park?
 0 1 2 3 4 5 6 7
5. play a sport?
 0 1 2

BEFORE

Before Walkfit, how sure were you that

6. watch television
 less than before
7. play outside
 less than before
8. read?
 less than before
9. play video games
 less than before

After

After Walkfit, how many days a week did you ...

1. walk when you would usually drive?
 0 1 2 3 4 5 6 7
2. play outside?
 0 1 2 3 4 5 6 7
3. walk to or from school?
 0 1 2 3 4 5 6 7
4. play at the park?
 0 1 2 3 4 5 6 7
5. play a sport?
 0 1 2

After

After Walkfit, how sure were you that

10. your family/friends would help you stay active.
 not sure at all somewhat sure sure totally sure
11. you could overcome any barrier standing in your way of being active.
 not sure at all somewhat sure sure totally sure
12. you could set a goal.
 not sure at all somewhat sure sure totally sure
13. you could reach your goals.
 not sure at all somewhat sure sure totally sure
14. you could change your sedentary thoughts to active thoughts.
 not sure at all somewhat sure sure totally sure



....evaluation tools

#3 Standards traditional pre/post


- Color
- Black and white


Walkfit Standards Evaluation


Name: _____
Date: _____
Teacher Name: _____

1. Match the 3 triangles below to the correct name. *There may be more than one answer.*

a. equilateral _____
b. right _____
c. obtuse _____
d. acute _____

1. 


2. 

3. 

4. Find the missing angle in the triangle below.

X = _____

a. b. c.



5. There are 5,000 fans at a baseball game. Every 10th seat is selected for a raffle so that 500 fans can win tickets to the play offs.

What is the population? a. 500 b. 5,000 c. 10
What is the sample size? a. 500 b. 5,000 c. 10
What kind of sample is it? a. random b. systematic c. convenience

6. You jumped 2.5 feet over a puddle. How many inches did you jump?
a. 24 b. 30 c. 48

7. The puddle was 15 inches. How many centimeters is it?

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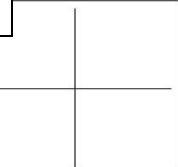
Walkfit Standards Evaluation

c. 254

le was on is 27 feet. How many yards is it?

3

Y from questions 9 and 10 on the graph below.



12. Probability

Joel and Megan are playing basketball at the park. They each shoot a basket 8 times. Megan makes a basket 4 times. Joel makes a basket 6 times. Megan

How many baskets will Megan make if she shoots 20 times?

a. 15 b. 8 c. 10

How many baskets will Joel make if she shoots 20 times?

a. 15 b. 8 c. 10

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