

Your Name _____

Gender: M F Age: _____

I am most active in (check all that apply): summer winter active in both

How good are you at doing sports and activities?	Never tried	Not so good	OK	Very good	Excellent
1. In the gym?					
2. In and on the water?					
3. On the ice?					
4. On snow?					
5. Outdoors?					
6. On the playground?					
What do you think about doing sports and activities?	Not true at all	Not usually true	True	Very true	
7. It doesn't take me long to learn new skills, sports or activities					
8. I think I have enough skills to participate in all the sports and activities I want					
9. I think being active is important for my health and well-being					
10. I think being active makes me happier					
11. I think I can take part in any sport/physical activity that I choose					
12. My body allows me to participate in any activity I choose					
13. I worry about trying a new sport or activity					
14. I understand the words that coaches and PE teachers use					
15. I'm confident when doing physical activities					
16. I can't wait to try new activities or sports					
17. I'm usually the best in my class at doing an activity					
18. I don't really need to practice my skills, I'm naturally good					
19. Reading and writing are very important	Do you agree or disagree with this statement?				
	Strongly disagree	Disagree	Agree	Strongly agree	
In school					
At home with family					
With friends					
20. Math and numbers are very important	Do you agree or disagree with this statement?				
	Strongly disagree	Disagree	Agree	Strongly agree	
In school					
At home with family					
With friends					
21. Movement, activities and sports are very important	Do you agree or disagree with this statement?				
	Strongly disagree	Disagree	Agree	Strongly agree	
In school					
At home with family					
With friends					
22. My fitness is good enough to let me do all the activities I choose		Disagree	Agree		