

Your Name \_\_\_\_\_ Age: \_\_\_\_\_ Sex: Male/Female/Not Specified : \_\_\_\_\_

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.			<b>Disagree</b>	<b>Agree</b>	