

Community Assessment:

Please circle the appropriate response option for each question and mark/date the goals the participant chooses for "My Goals."

Question	Response Options			My Goals
1. During the growing season, how often do you get produce from a fruit/vegetable stand, farmer's market, personal garden, and/or local farm?	Very often	Sometimes	Hardly ever	
2. How many times during the week do you eat food from a fast-food place or snack foods from a convenience store?	0	1-2	3+	
2a. If 1-2 or 3+, are these foods...	Very healthy	Somewhat healthy	Not very healthy	
3. How often do you keep snack foods such as candy and chips in your home?	Hardly ever	Sometimes	Very often	
4. How healthy is the food you eat while at your place of worship or at a social gathering?	Very healthy NA	Somewhat healthy	Not very healthy	
5. How healthy is the food you eat while at work?	Very healthy NA	Somewhat healthy	Not very healthy	
6. How often do you walk for exercise?	3+/week NA	1-2/week	3 or less/month	
7. How often do you exercise at a park or on a trail?	3+/week NA	1-2/week	3 or less/month	
8. How often do you exercise at a fitness center, such as a YWCA?	3+/week NA	1-2/week	3 or less/month	
9. How often do you exercise at a school's facilities (like a track or gym)?	3+/week NA	1-2/week	3 or less/month	
10. How often do you walk for exercise at the local mall?	3+/week NA	1-2/week	3 or less/month	
11. How often do you exercise at work?	3+/week NA	1-2/week	3 or less/month	
12. Does crime in your community make it harder to be active?	No	Sometimes	Yes	
13. Does traffic in your community make it harder to be active?	No	Sometimes	Yes	
14. Does your community have sidewalks?	Yes	Some	No	