



Get Up & Move!

Survey – Extension staff

In order to increase participation and provide relevant and practical information for the **Get Up & Move!** Initiative, please answer a few questions below. Your comments and feedback are appreciated! Please return completed survey by **August 31, 2007**, to: State 4-H Office, Attn: **Get Up & Move!**, 302 E. John St., #1901, Champaign, IL 61820, fax: 217.333.9287, or email: roy2@uiuc.edu.

1. Did your county/unit participate in **Get Up & Move!** during the 2006-07 4-H club year?

Yes, if yes, how did you learn about the initiative? _____
 No

2. If your county/unit participated in **Get Up & Move!** during the 2006-07 4-H club year, did you download the **Get Up & Move!** materials?

Yes, if yes, how many months _____
 No, if not, who provided materials for leaders/clubs

3. If you downloaded the **Get Up & Move!** materials, please indicate what you provided to clubs/leaders.

Provided Item	How Many Months	How many clubs	# copies
_____ Leader Activity Guide	_____	_____	_____
_____ Physical Activity Guide	_____	_____	_____
_____ Physical Activity Calendar	_____	_____	_____
_____ Recipe	_____	_____	_____
_____ Family Activity Guide	_____	_____	_____
_____ Extra Resources	_____	_____	_____

4. Did you have difficulty downloading any of the materials?

Yes, if yes, please explain: _____
 No

5. If you use the **Get Up & Move!** materials in the future, will you download them or order a print copy?

Download materials
 Order print copy

6. Did you use the **Get Up & Move!** recipes or snacks for other meetings?

Yes, if yes, list: _____
 No

7. Did you add a physical activity component to leader meetings or county events?

Yes, if yes, list: _____
 No

8. Did you provide other recreation ideas as part of leader training this year?
___ Yes, if yes, list: _____
___ No

9. Did your county/unit or 4-H clubs have a competition for the most minutes of physical activity recorded on the **Get Up & Move!** physical activity calendar? or most increase?
___ Yes
___ No

10. If there was a competition, did you provide prizes or other recognition?
___ Yes (or plan to), if yes, what did you do? _____
___ No

11. Please share **Get Up & Move!** club success stories or concerns:

12. Please share any other ways in which you used **Get Up and Move!** this year.

13. Additional comments for changing/improving **Get Up & Move!**

14. Did you use **Get Up and Move!** as part of Camp Clover this summer?
___ Yes, if yes, list 1 or 2: _____
___ No

15. Did you have a **Get Up & Move!** "Activity Kit" this year?
___ Yes
___ No

If you had a kit, what would you add or change to make the resource more useful? _____

Get Up and Move! will be offered as a state project for clubs/groups in 2007-2008. All resources will be available as both web and via 4-H DMS in print version.

Deadline: **August 31, 2007**

County: _____

Name: _____

Date: _____