INTRODUCTION: This is a questionnaire about health. There are no right or wrong answers. Please read the instructions and answer each question the best you can. Remember, the questionnaire is private; no one at home or at school will see your answers.

Date

Jan
Feb
Mar
Apr
May
Jun
Jul
Aug
Sep
Oct
Nov
Dec

Student ID Number

[Marking Instructions: Please use pencil or pen
Examples

[Right] [Wrong] [Wrong] [Wrong]]

SECTION A

For each food pair in a box, fill in the bubble for the food that contains more calcium. Fill in only one answer per box. Assume that none of the foods are fortified with extra calcium.

1. Fruit juice
   - Lowfat milk

2. Spaghetti with tomato sauce
   - Macaroni and cheese

3. Ham, egg and cheese biscuit
   - Pancakes

4. Cheeseburger
   - Hamburger

5. Corn
   - Broccoli

6. Iceberg lettuce
   - Collard greens

7. Canned salmon with bones
   - Canned tuna packed in oil

8. Mustard greens
   - Carrots

9. Kool Aid
   - Skim Milk

10. Cream Cheese
    - Mozzarella cheese

11. Chips and Queso
    - Chips and Salsa

12. Sherbet
    - Frozen yogurt

SECTION B

Fill in only one answer for each question. (Definition: physical activity can be anything that makes you breathe hard and your heart beat faster such as basketball, swimming, tennis, volleyball, brisk walking, running, baseball, soccer, gymnastics, fast bicycling, fast dancing, aerobics, or weight lifting).

13. During the past month, my family did physical activities with me.
   - Never
   - Hardly ever
   - Once in a while
   - Usually
   - Most of the time

14. During the past month, my family encouraged me to be physically active.
   - Never
   - Hardly ever
   - Once in a while
   - Usually
   - Most of the time

15. During the past month, my friends did physical activities with me outside of school.
   - Never
   - Hardly ever
   - Once in a while
   - Usually
   - Most of the time

16. During the past month, my friends encouraged me to be physically active.
   - Never
   - Hardly ever
   - Once in a while
   - Usually
   - Most of the time

17. How safe is it for you to play outdoors in your neighborhood with your friends without adults around?
   - Very unsafe
   - Somewhat unsafe
   - Neither safe or unsafe
   - Somewhat safe
   - Very safe

18. During the past 12 months, on how many sports teams did you play (do not include PE classes)? Include any teams run by your school or community groups. Sports teams include soccer, basketball, baseball, softball, swimming, gymnastics, cheerleading, wrestling, track, football, softball, dance, tennis and volleyball teams.
   - 0 teams
   - 1 team
   - 2 teams
   - 3 teams
   - 4 or more teams

19. Do you currently participate in any other organized physical activities or take lessons, such as martial arts, dance, gymnastics or tennis?
   - No
   - Yes
**SECTION C**

For each question below fill in only **one** answer.

20. What is the minimum number of servings of calcium-rich food adolescent girls need to consume each day to meet their daily requirement of calcium?
   - [ ] At least 2 servings
   - [ ] At least 3 servings
   - [ ] At least 4 servings
   - [ ] At least 5 servings
   - [ ] At least 6 servings
   - [ ] Don’t know/unsure

21. At about what age do bones reach their peak bone density?
   - [ ] 10-19 years old
   - [ ] 20-29 years old
   - [ ] 30-39 years old
   - [ ] 40 years or older
   - [ ] Don’t know/unsure

22. At what age are females increasing their bone density the fastest?
   - [ ] 10-19 years old
   - [ ] 20-29 years old
   - [ ] 30-39 years old
   - [ ] 40 years or older
   - [ ] Don’t know/unsure

23. Which of the following factors does **NOT** influence peak bone mass?
   - [ ] Genetics/Family History
   - [ ] Calcium intake
   - [ ] Weight-bearing exercise
   - [ ] Age
   - [ ] Vitamin C
   - [ ] Don’t know/unsure

24. Which of the following is **NOT** a weight-bearing activity?
   - [ ] Football
   - [ ] Swimming
   - [ ] Soccer
   - [ ] Gymnastics
   - [ ] Walking
   - [ ] Don’t know/unsure

25. Milk is available at my house:
   - [ ] Never
   - [ ] Hardly ever
   - [ ] Once in a while
   - [ ] Usually
   - [ ] All of the time
   - [ ] Don’t know/unsure

26. Which activity is best for building strong healthy bones?
   - [ ] Bicycling
   - [ ] Softball
   - [ ] Climbing stairs
   - [ ] Jumping rope
   - [ ] Don’t know/unsure

27. A glass of skim milk has more fat than a glass of soda.
   - [ ] True
   - [ ] False
   - [ ] Don’t know/unsure

**SECTION D**

For each question below fill in only **one** answer.

28. How many glasses of milk do you usually drink in a day?
   - [ ] None
   - [ ] 1 glass
   - [ ] 2 glasses
   - [ ] 3 glasses
   - [ ] 4 glasses
   - [ ] 5 or more glasses

29. Have you been drinking this amount for more than 6 months?
   - [ ] No
   - [ ] Yes

30. In the future, do you intend to increase this amount, decrease this amount or stay the same?
   - [ ] Increase
   - [ ] Decrease
   - [ ] Stay the same

31. If you intend to increase or decrease this amount, do you intend to make this change in the next 6 months?
   - [ ] No
   - [ ] Yes
   - [ ] I do not intend to increase or decrease this amount

32. How many days a week do you do activities that involve jumping (for example, jumping rope, gymnastics, basketball, volleyball, cheerleading, aerobics)?
   - [ ] None
   - [ ] 1 day a week
   - [ ] 2 days a week
   - [ ] 3 days a week
   - [ ] 4 days a week
   - [ ] 5 days a week
   - [ ] 6 days a week
   - [ ] 7 days a week

33. Have you been doing this amount of jumping each day for more than 6 months?
   - [ ] No
   - [ ] Yes

34. In the future, do you intend to increase this amount, decrease this amount or stay the same?
   - [ ] Increase
   - [ ] Decrease
   - [ ] Stay the same

35. If you intend to increase or decrease this amount, do you intend to make this change in the next 6 months?
   - [ ] No
   - [ ] Yes
   - [ ] I do not intend to increase or decrease this amount
For each statement below, fill in the number that most represents how much you agree or disagree with the statement. These numbers range from 1 (for strongly disagree) to 5 (for strongly agree).

How much do you agree or disagree with the following statements?

<table>
<thead>
<tr>
<th>Statement</th>
<th>1 (Strongly Disagree)</th>
<th>2 (Disagree)</th>
<th>3 (Neither Agree nor Disagree)</th>
<th>4 (Agree)</th>
<th>5 (Strongly Agree)</th>
</tr>
</thead>
<tbody>
<tr>
<td>36. I do well at all kinds of sports or physical activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>37. When I'm physically active, it bothers me if my hair gets messed up.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>38. Preventing osteoporosis later in life is important to me now.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>39. I could do well at sports or physical activities I have never tried.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>40. Eating calcium-rich foods will make me feel better physically.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>41. It is important for me to feel better physically.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>42. I get enough milk and dairy foods in my diet.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>43. It is important to me to have time to myself during the day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>44. I am better than others my age at sports or physical activities.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>45. I like to drink milk.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>46. I am willing to try calcium-rich foods that I have not tried before.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>47. It is important for me to be physically active.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>48. Eating calcium-rich foods will prevent osteoporosis when I am older.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>49. It is important for me to be healthy.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>50. Being physically active each day will make me healthier.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>51. Being physically active each day will mess up my hair.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>52. My friends drink milk.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>53. Being physically active will make me more attractive.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>54. Being attractive is important to me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>55. Being physically active takes up too much time in my day.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>56. Eating calcium-rich foods will make me healthier.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>57. Having my hair fixed is important to me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>58. Being physically active will help me to make new friends.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>59. Milk makes my stomach hurt.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60. Making new friends is important to me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>61. Eating calcium-rich foods will help me to make new friends.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>62. Being physically active each day will help me to lose weight.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>63. Eating calcium-rich foods will make me gain weight.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>64. Maintaining a good weight is important to me.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
For each statement below, fill in the number that most represents how confident you feel about the statement. These numbers range from 1 (for not at all confident) to 5 (for very confident).

How confident are you that you could usually:

<table>
<thead>
<tr>
<th>Statement</th>
<th>(1) Not at all Confident</th>
<th>(2) Fairly Confident</th>
<th>(3) Very Confident</th>
</tr>
</thead>
<tbody>
<tr>
<td>65. Drink milk instead of sodas at dinner?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>66. Eat yogurt for a snack?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>67. Eat cereal and milk instead of a donut for breakfast?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>68. Eat a cheeseburger instead of a hamburger for lunch?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>69. Be physically active no matter how busy your day is?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70. Eat string cheese for a snack?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>71. Ask your parent(s) to take you to sports or physical activity practice?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>72. Eat pudding for a snack?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>73. Be physically active no matter how tired you feel?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>74. Eat broccoli with dinner?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>75. Be physically active at home after school?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>76. Be physically active with friends instead of watching TV or playing video games</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>77. Participate in sports at school?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>78. Ask your parent(s) to sign you up for a sport, dance or physical activity?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>79. Be physically active even though it is hot outside?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80. Participate in sports outside of school (such as martial arts, gymnastics, summer league)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>81. Do activities that involve jumping?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>82. Lift weights (free weights, machines)?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>83. Be physically active even though you have a lot of homework?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>84. Drink milk at school?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>85. Ask your parents to buy foods that are high in calcium such as milk?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>