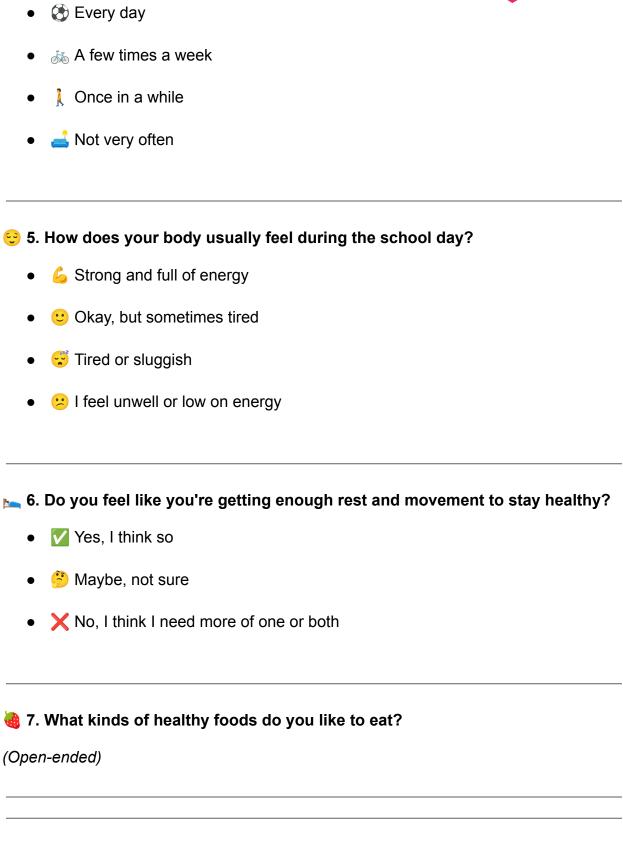


## Physical Health & Nutrition Check-In Questionnaire

Thyologi Houldi a Hadridon Ghook in Quochomiano					
• V Yes					
• X No					
I don't remember					
2. How healthy do you think your meals and snacks are?					
Very healthy					
Mostly healthy					
Sometimes healthy, sometimes not					
Not very healthy					
♦ 3. How much water do you usually drink during the school day?					
• A lot					
• 🚰 Some					
Not much					
• ? I'm not sure					

1. How often do you move your body or do physical activity (like running, playing, dancing, sports)?







(Open-ended)			

9. Is there anything that makes it hard for you to eat well or stay active?

(Open-ended)