

Program Title	On-Site Instructor(s)	Date of Workshop
I am Moving I am Learning		
Your zip code	Your birthday (MM/DD)	Last 4 digits of primary phone #
	__ __ / __ __ [No year]	

The information above is for evaluation purposes. It will connect this survey to your six-month follow up survey responses. Your information will be kept private & confidential; your identity will not be connected to your responses.

For which IMIL training(s) are you taking this survey? (check all that apply)

- Activities for All
- Engaging Staff & Families in
- Moving with the Brain in Mind
- Other, please specify _____
- Birth to Five
- MVPA
- Nutrition Building Blocks
- Body Language
- Making the Most of Your Music
- Opportunity Knocks
- Teaching Across Cultural
- MVPA Everyday
- Taking it Outside
- Horizons
- Move, Play & Learn at Home

I. Tell us what you thought about this training.

A. How much did you learn today that applies to your work in childcare settings? (check one answer)

- Very much
- Much
- Little
- Very little

B. How much of what you learned will you be able to use in your childcare setting? (check one answer)

- Very much
- Much
- Little
- Very little

C. How satisfied were you with this professional development program? (check one answer)

- Very satisfied
- Satisfied
- Not satisfied
- Very unsatisfied

D. How satisfied were you with the on-site instructors? (check one answer)

- Very satisfied
- Satisfied
- Not satisfied
- Very unsatisfied

II. Instructions: A) Answer column A first. Now that you have finished the training, check the box that best describes your level of understanding about the topics.

B) Answer column B after completing column A. Reflect back to before the training and check the box that best describes your previous level of understanding about the topics.

C) If the question does not apply to what you learned in the training, leave the answers blank.

What is your level of understanding about:	A) After the Training				B) Before the Training			
	None	A little	Some	A lot	None	A little	Some	A lot
Developmentally appropriate strategies to promote physical activity in children								
How motor development influences one's overall health								
How to use appropriate verbal cues to encourage various movement activities								
Health benefits associated with including moderate to vigorous physical activity (MVPA) practices daily								
Strategies to support children, families and staff in applying MVPA activities								
How MVPA supports pre-school readiness								
How to use music to encourage movement and physical activity in children								
The impact of good nutrition on children's overall health and development								
Strategies to promote healthy food choices for children								
The benefits of outdoor play and time in nature to children's motor skill development								
How culture and unique experiences of children and families influence children's healthy development								

III. Instructions: A) Answer column A first. Now that you have finished the training, check the box that best describes your intent to implement the practices and strategies
 B. Answer column B after completing column A. Reflect back to before the training and check the box that best describes how much you implemented the practices and strategies.
 C. If the question does not apply to what you learned in the training, leave the answers blank.

Implement the following practices and strategies:	A) After today, how likely are you to				B) Before today, to what extent did you			
	Not at all	A little	Some-what	Very much	Not at all	A little	Some-what	Very much
Design environments to include all <i>children</i> in physical activity								
Use movement vocabulary to support children’s development								
Discuss strategies with parents to support MVPA with children at home								
Build in movement activities with children that achieve 60 minutes of MVPA per day								
Encourage families to use developmentally appropriate activities with children at home								
Implement strategies for improving nutritional choices among parents and children								

IV. Open-ended questions:

What information, ideas and/or approaches did you learn during this training that will be most useful to your work?	
What are some specific next steps that you will take in applying what you learned during this training?	
I want to learn more about:	

V. Tell us more about yourself.

A. Which type of child care facility most accurately describes where you work?

- Facility-based child care
- Home-based child care
- Neighbor-relative child care
- Not currently caring for children
- Other _____

B. In a typical year, what is the overall number of children your facility serves?	children
C. In a typical year, how many children from <i>military-connected</i> families do you think you serve?	children

D. What is your gender? Male Female

E. What is the total number of years you have been employed in a setting working with children and families?	years
F. What is the total number of years you have worked in your current position?	Years

Thank you for completing this survey for the Childcare & Youth Training & Technical Assistance Project (CYTTAP).

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