A black background with a black square

Description automatically generated with medium confidenceStudent Health and Wellness Interest Inventory

**Survey**



**What to do:** Use this interest inventory at the start of a school year or program session to find out what types of activities appeal to students. Use it as is or modify it to fit your situation. Then, refer to the data when you design activities.

**Why it matters:** Giving students voice and choice builds buy-in and helps to motivate regular attendance.

You’re in charge of selecting activities for our afterschool program! Think about what activities you’d like to try and **circle up to three interests in each category**.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Icon

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# Nutrition

Shopping Gardening

Vitamins and Minerals Cooking

Foods From Around the World Reading Food Labels

Where Foods Come From

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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# Physical Activity

Football Basketball

Baseball/Softball Soccer

Volleyball Ultimate Frisbee

Track and Field Swimming

Martial Arts Yoga

Dance The Human Body

Tumbling/Gymnastics Hiking/Walking

Bicycling Active Games

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Stress Reduction**

Meditation/Mindfulness Music

Muscle Relaxation Nature

Drawing/Painting Writing/Journaling

Practicing Kindness Talking About Stress and Feelings

Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



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