



Commit 2B Fit Teacher Survey 2013-2014



Do you feel the Commit 2B Fit Student Planner met the academic and wellness needs of your students?

Response	Chart	Percentage	Count
Yes		95.7%	356
No		4.3%	16
		Total Responses	372



Comments (optional)

#	Response
	I use the planner on a daily basis with the students.
	Excellent resource for our homeroom teachers to touch base with daily.
	Great way to remind students of all the academic responsibilities and the importance of exercising!
	We talked about food and exercise almost every day.
	Students are always reading the "tid-bits" on the pages
	Love all the extra information, maps, tables, charts, etc. that are included in the planners.
	Yes. They learn about good eating habits and daily cardiovascular exercise.
	The students were excited to follow the tips in the planners!
	I observed many students utilizing the planners with the fitness components.
	I had students write down their activity every day.
	They were well utilized by the students, they even used the world map to play games before classes in the mornings.
	This planner is wonderful for my 3rd grade students. We use it everyday to track reading as well as exercise, nutrition, and dental hygiene.
	High student interest!
	A wonderful program for the students!



Do you believe having nutrition goals written in the Commit 2B Fit planner motivated your students to eat more fruits & vegetables?

Response	Chart	Percentage	Count
Yes		81.3%	300
No		18.7%	69
		Total Responses	369

Do you believe physical activity goals written in the Commit 2B Fit planner motivated your students to be more active?

Response	Chart	Percentage	Count
Yes		82.7%	307
No		17.3%	64
		Total Responses	371



Do you feel that you received adequate training on how to incorporate the Commit 2B Fit Planner into your day?

Response	Chart	Percentage	Count
Yes		75.1%	280
No		24.9%	93
		Total Responses	373

Comments (optional)

#	Response
	More than enough training
	Our PE coach did a fantastic job facilitating this program
	Website helpful.
	I have used some of the resources that have been provided especially since I have been self-contained this year.
	we only use the planner to list homework, classwork, behavior, notes to the parents etc...the PE teacher never explained any of the commit 2b fit program to us
	There wouldn't be time to implement them in the already limited time we have.
	The online training plus the teacher are good.
	Met all needs! Well planned!



Did you use the teacher training manual and/or any of the resources included?

Response	Chart	Percentage	Count
Yes		45.1%	166
No		54.9%	202
		Total Responses	368



Comments (optional)

#	Response
	very helpful for all p.e. teachers
	The resources were kept by the PE teacher. She did not use them wisely
	I was not given a teacher manual. That may have made a difference!
	These resources are great to add to my lessons.
	We were not made aware of any training or resources.
	I use the posters around the school to remind everyone DAILY
	I did use it some, but used the kid's planner more, and researched/augmented to that.



Are you making healthier food choices as a result of your involvement with the Commit 2B Fit program?

Response	Chart	Percentage	Count
Yes		76.1%	284
No		23.9%	89
		Total Responses	373

Are you more physically active as a result of your involvement with the Commit 2B Fit program?

Response	Chart	Percentage	Count
Yes		67.4%	250
No		32.6%	121
		Total Responses	371



Are there barriers to having the students write their physical activities and fruit and veggie intake in Commit 2B Fit planner ?

Response	Chart	Percentage	Count
Yes (if yes, please note the challenges)		27.6%	103
No		72.4%	270
		Total Responses	373



Are there barriers to having the students write their physical activities and fruit and veggie intake in Commit 2B Fit planner ? (Yes (if yes, please note the challenges))

#	Response
	I haven't focused on it. Too much to do with test preparation.
	Lunch doesn't always have good choices.
	Pressure from admin to have "bell to bell" instruction, not realizing that healthy choices and goals can have a direct impact on success in school. Children need to be taught to use the planner, and it needs to be a part of the daily "instruction"
	parents not buying those things at home
	Florida Benchmarks and testing
	Sometimes, classroom teachers have higher priorities than to get students to fill in agenda's
	Parental input is also important and vital to success
	TIME!!!!

Do you feel the Commit 2B Fit program is valuable to your school and benefits your students?

Response	Chart	Percentage	Count
Yes		95.4%	356
No		4.6%	17
		Total Responses	373

Would you like your students to continue to use the Commit 2B Fit planner next year?





Response	Chart	Percentage	Count
Yes		96.8%	360
No		3.2%	12
		Total Responses	372

Please provide any additional comments or suggestions about Commit 2B Fit and / or any success stories you would like to share.

#	Response
	I love this program!
	I would suggest a few newsletters with statistics that we can forward to parents throughout the year. I had parents continue to send in "junk" for snacks (like Goldfish & rice crispies treats). Also, the school passed out processed "junk" for snacks (goldfish and sugary granola bars).
	Great, well-organized, much-needed resource
	Thanks to this planner, my students are goal oriented not only academically, but physically as well.
	Great program. Thank you!!
	Daily reminders help student to remember to make healthy choices
	When teachign a lesson on nutrition, many students pulled out the planner to assist them in identifying fruits vegetables etc.
	Tracking their intake allowed the students to really monitor their diet/exercise.

Commit 2B fit is wonderful. Our students at Highland Elementary benefit as a result of the planner. Thank you.
When we started this a number of years ago many of my students did not know the difference between fruits, veggies, proteins and grains. They would ask if a banana was a grain, or if a steak was a fruit. Now all grades levels are very educated in this area. Also, the exercise part isn't much of a problem at my school as most kids are involved in many sports throughout the year.
The planner helps my students to write better, think about their health, and keep themselves organized.
Commit 2B Fit is an excellent tool to keep ALL of us aware of the importance of exercise and healthy eating!! Thank you for YOUR continued commitment to children!
Students have taken time out to walk more without being told
I am a lifetime Weight Watchers member, so I wasn't personally affected by the program, however I noticed my students using the tips and strategies on each page.
more time and commitment from district officials to allow for classroom use
Proud to be a Commit 2B Fit Model School! Your program is super! THANKS!

What is your position?

Response	Chart	Percentage	Count
Grade Chair		17.4%	65
Teacher		72.2%	270
PE Teacher		7.8%	29
Other		2.7%	10
		Total Responses	374