

## Appendix M

### Making Tracks Post-Program Questionnaire for Participants

#### To be completed by PARTICIPANTS or CAREGIVERS/PARENTS

After the completion of the Making Tracks program please complete this questionnaire and return it to the Making Tracks Coordinator. Your comments will only be used to help us improve the program. If you are a Caregiver/Parent completing this survey on behalf of a participant please declare that you are a Parent/Caregiver in Q1.

1) Which of the following are you?  Participant  Parent/Caregiver of Participant

2) Which Making Tracks module did you participate in?

Walking Safety  Cycling

3) Where did you take this Making Tracks module? Name the school/facility/community.

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4) Which dates did you take this Making Tracks module? \_\_\_\_\_

5) Which grade are you currently in?

P  1  2  3  4  5  6  7  8  9  10  11  12  Other

6) Which gender are you? \_\_\_\_\_

7) Tell us how much you agree with the following statements **about yourself**:

AS A RESULT OF PARTICIPATING IN THIS MAKING TRACKS MODULE...	STRONGLY DISAGREE	DISAGREE	NEITHER	AGREE	STRONGLY AGREE
I know more about safety using this mode of active transportation					
I have improved my skills using this mode of active transportation					
I know where there are safe routes to use this mode of active transportation					
I will use this mode of active transportation more					
I feel confident and safe using this mode of active transportation in my community					
I had fun learning					

**AS A RESULT OF PARTICIPATING  
IN THIS MAKING TRACKS MODULE...**

	<b>STRONGLY DISAGREE</b>	<b>DISAGREE</b>	<b>NEITHER</b>	<b>AGREE</b>	<b>STRONGLY AGREE</b>
I am more likely to encourage others to use this mode of active transportation					
I am more likely to use other modes of active transportation					
I understand the importance of daily physical activity					
I know that this mode of active transportation is one way to be more active					

8) What would keep you from using this mode of active transportation in your community?

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9) What did you like most about this Making Tracks module?

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10) Was there anything you didn't like about this Making Tracks module? If so, what was it and how would you change it?

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11) Do you have any final comments or suggestions?

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Thank you for completing the questionnaire.