



me inside and out

username _____

Girl Survey ~ JUNIORS ~ Session 3

These questions are about you and your program. Please circle the response that indicates HOW MUCH YOU AGREE with the sentence. As always, please answer the questions below as honestly as you can! Circle only one response to each question.



1 Having my favorite dessert is a good way to get rid of stress.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

2 I do not know how to reduce stress in my life.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

3 It's okay to eat sugary snacks everyday as long as you brush your teeth afterwards.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

4 Sleeping 8-10 hours each night can help me feel less stressed.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

5 In the future, I plan to eat more healthy foods like fruits and vegetables each day.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

Thank you so much for completing this survey! We value your thoughts and opinions about yourself and your Girl Scout program and appreciate your help. If you have any questions about taking this survey please speak with your program leader.

6 In the future, I plan to exercise, play sports, run or dance more each day.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

7 I felt comfortable sharing my ideas and feelings in this session.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

8 I enjoyed today's session.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

9 Which of the following was your favorite activity from today's session? Remember, please circle only one item.

- a. "Bodywise" quiz
- b. "My Unique Tastes" handout
- c. "Good Stress, Bad Stress" handout
- d. "Menu" activity
- e. "Stress Busters" handout
- f. Other (please describe): _____
- g. I didn't like any of the activities in today's session

10 Today's session will help me to become a better leader.

- a. Strongly disagree
- b. Disagree
- c. Not sure
- d. Agree
- e. Strongly agree

