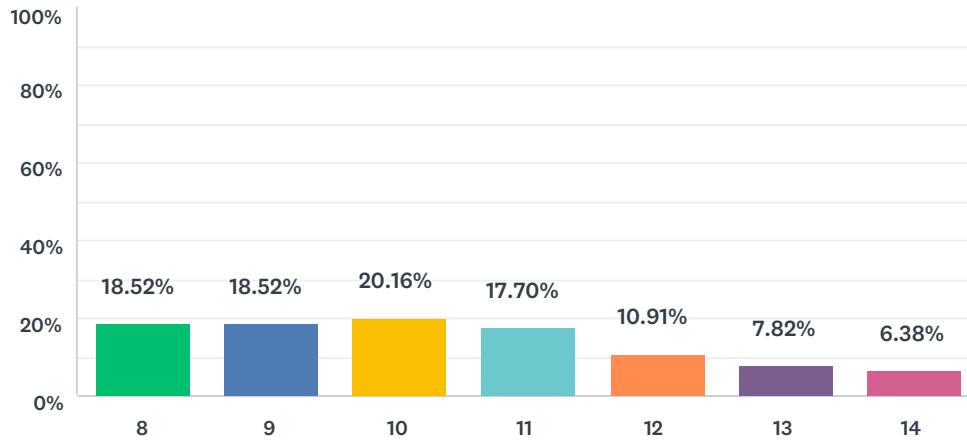


### Q3 What is the age of your child?

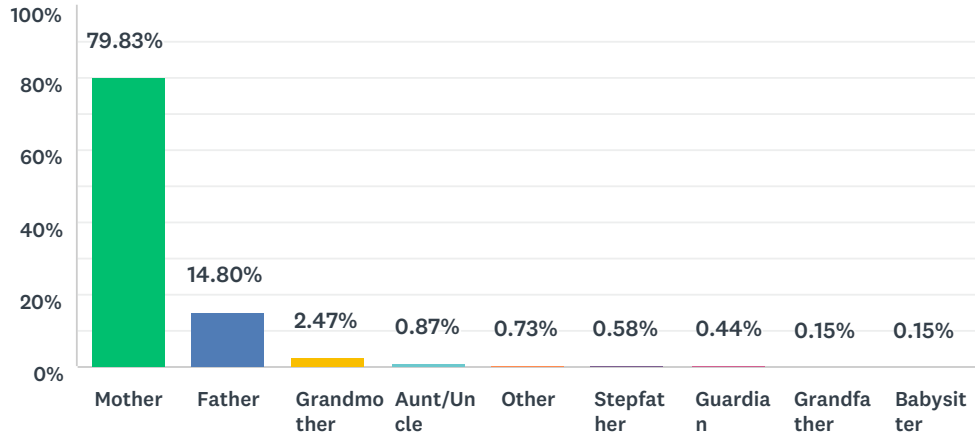
Answered: 486 Skipped: 209



ANSWER CHOICES	RESPONSES	
8	18.52%	90
9	18.52%	90
10	20.16%	98
11	17.70%	86
12	10.91%	53
13	7.82%	38
14	6.38%	31
TOTAL		486

## Q6 What is your relationship to the PAK participant?

Answered: 689 Skipped: 6



ANSWER CHOICES	RESPONSES	
Mother	79.83%	550
Father	14.80%	102
Grandmother	2.47%	17
Aunt/Uncle	0.87%	6
Other	0.73%	5
Stepfather	0.58%	4
Guardian	0.44%	3
Grandfather	0.15%	1
Babysitter	0.15%	1
<b>TOTAL</b>		<b>689</b>

**Q7 Household Relationship Status - To better understand the child's home environment, let us know your household makeup – check all that apply:**

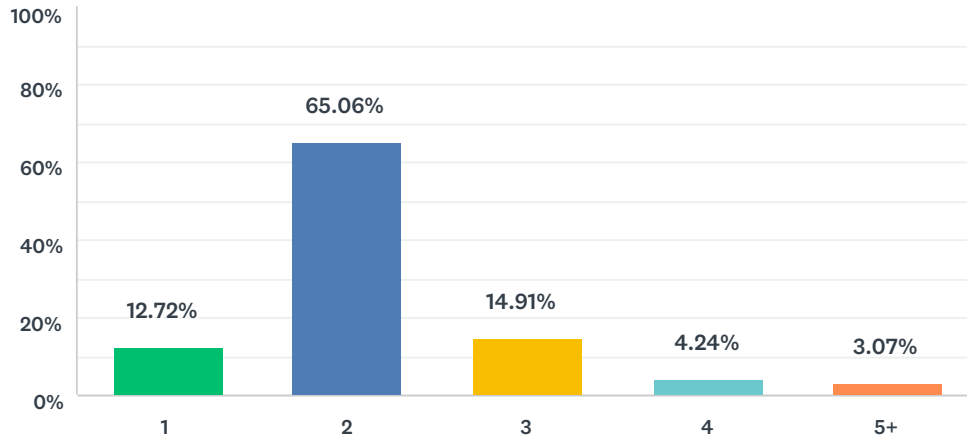
Answered: 674 Skipped: 21

ANSWER CHOICES	RESPONSES	
Married (3)	65.58%	442
Single Parent (1)	13.65%	92
Stay at Home Mom/Dad (2)	11.57%	78
Divorced (5)	8.16%	55
Blended family (9)	3.71%	25
Single (4)	3.56%	24
Separated (6)	2.37%	16
Remarried (7)	2.08%	14
Widowed (8)	1.34%	9
Non-parent guardian (10)	0.74%	5
Adoption (12)	0.74%	5
Total Respondents: 674		

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	12.00	3.00	3.33	1.90

## Q8 How many adults ages 18 and above, including yourself, are in your family household?

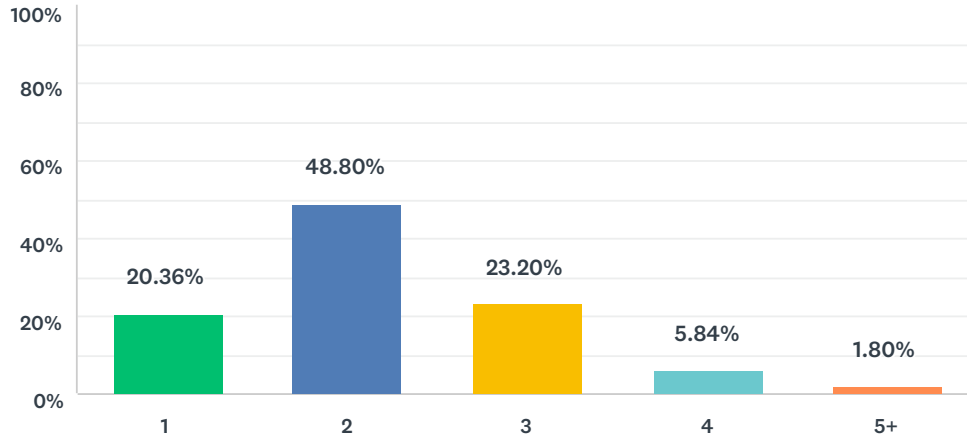
Answered: 684 Skipped: 11



ANSWER CHOICES	RESPONSES	
1	12.72%	87
2	65.06%	445
3	14.91%	102
4	4.24%	29
5+	3.07%	21
<b>TOTAL</b>		<b>684</b>

## Q9 How many children under the age of 18 are in your family household?

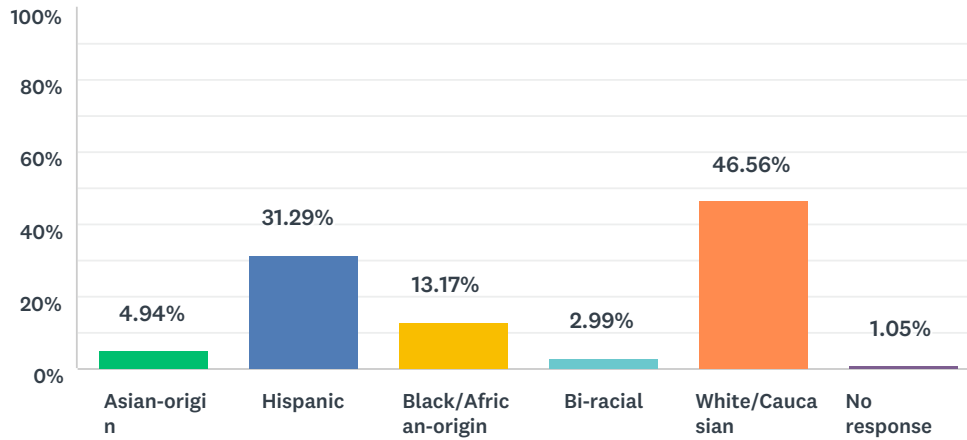
Answered: 668 Skipped: 27



ANSWER CHOICES	RESPONSES	
1	20.36%	136
2	48.80%	326
3	23.20%	155
4	5.84%	39
5+	1.80%	12
<b>TOTAL</b>		<b>668</b>

## Q10 Our ethnic background is:

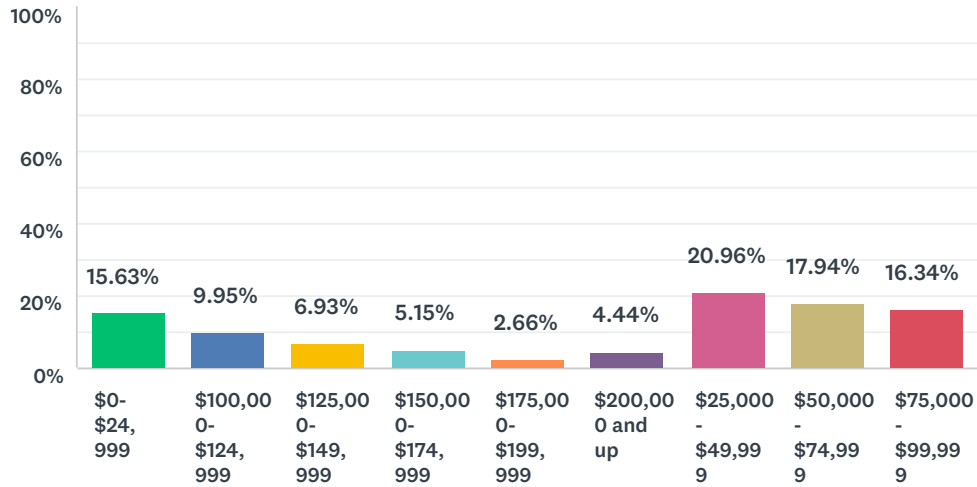
Answered: 668 Skipped: 27



ANSWER CHOICES	RESPONSES	
Asian-origin	4.94%	33
Hispanic	31.29%	209
Black/African-origin	13.17%	88
Bi-racial	2.99%	20
White/Caucasian	46.56%	311
No response	1.05%	7
<b>TOTAL</b>		<b>668</b>

### Q11 What is your approximate average household income? (select ONLY one)

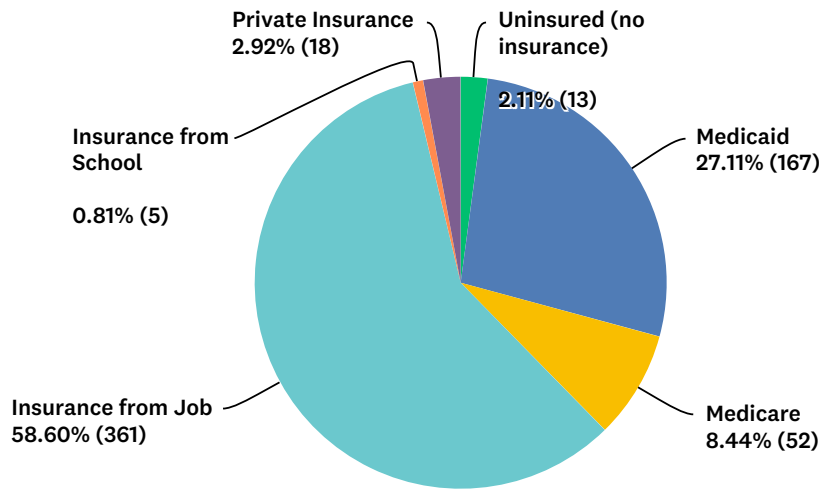
Answered: 563 Skipped: 132



ANSWER CHOICES	RESPONSES	
\$0-\$24,999	15.63%	88
\$100,000-\$124,999	9.95%	56
\$125,000-\$149,999	6.93%	39
\$150,000-\$174,999	5.15%	29
\$175,000-\$199,999	2.66%	15
\$200,000 and up	4.44%	25
\$25,000-\$49,999	20.96%	118
\$50,000-\$74,999	17.94%	101
\$75,000-\$99,999	16.34%	92
<b>TOTAL</b>		<b>563</b>

## Q12 What type of medical insurance do you carry?

Answered: 616 Skipped: 79

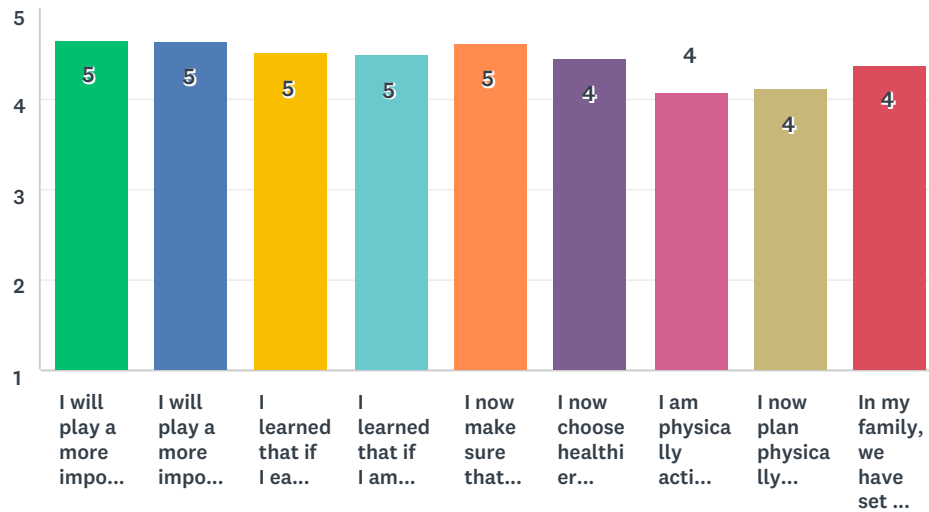


ANSWER CHOICES	RESPONSES	
Uninsured (no insurance)	2.11%	13
Medicaid	27.11%	167
Medicare	8.44%	52
Insurance from Job	58.60%	361
Insurance from School	0.81%	5
Private Insurance	2.92%	18
<b>TOTAL</b>		<b>616</b>



## Q13 Please indicate how much you agree with each of the following statements.

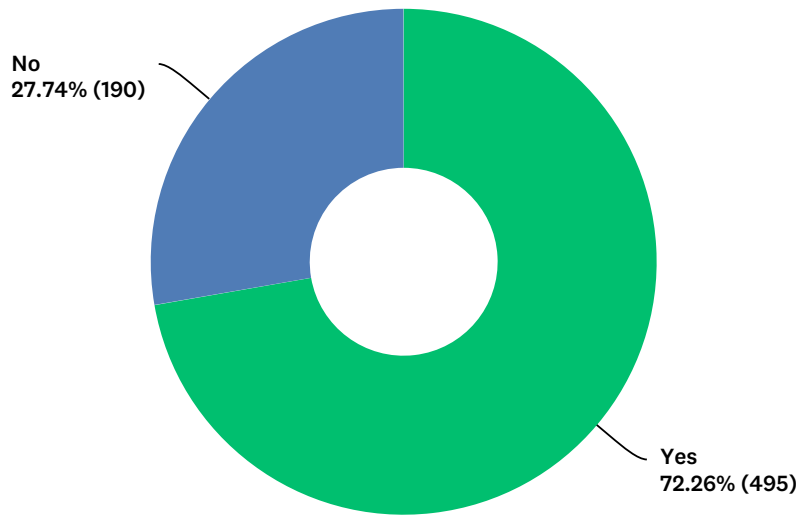
Answered: 692 Skipped: 3



	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
I will play a more important role in determining what my child/children eat.	1.74% 12	0.00% 0	1.74% 12	22.17% 153	74.35% 513	690	4.67
I will play a more important role in determining how much physical activity my child/children get.	1.74% 12	0.00% 0	2.32% 16	24.20% 167	71.74% 495	690	4.64
I learned that if I eat well, my family will follow my example.	1.74% 12	1.74% 12	4.35% 30	25.83% 178	66.33% 457	689	4.53
I learned that if I am physically active, my family will follow my example.	1.60% 11	1.46% 10	5.09% 35	29.26% 201	62.59% 430	687	4.50
I now make sure that healthy snacks are easily available for my family.	1.60% 11	0.00% 0	2.77% 19	26.97% 185	68.66% 471	686	4.61
I now choose healthier foods for myself.	1.60% 11	0.58% 4	4.65% 32	36.63% 252	56.54% 389	688	4.46
I am physically active most days.	1.46% 10	4.66% 32	14.14% 97	43.73% 300	36.01% 247	686	4.08
I now plan physically active outings for my family.	1.31% 9	1.74% 12	15.38% 106	45.57% 314	35.99% 248	689	4.13
In my family, we have set new rules on foods and eating that we try to follow.	1.47% 10	0.88% 6	6.34% 43	40.12% 272	51.18% 347	678	4.39

### Q14 My weight is a struggle for me.

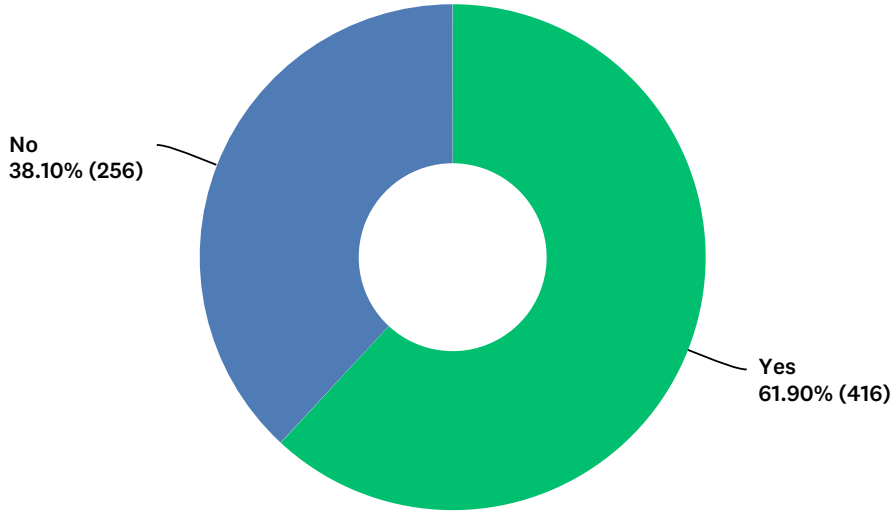
Answered: 685 Skipped: 10



ANSWER CHOICES	RESPONSES	
Yes	72.26%	495
No	27.74%	190
TOTAL		685

### Q15 I have lost weight as a result of my child attending and participating in PAK program and practicing PAK lessons as a family.

Answered: 672 Skipped: 23

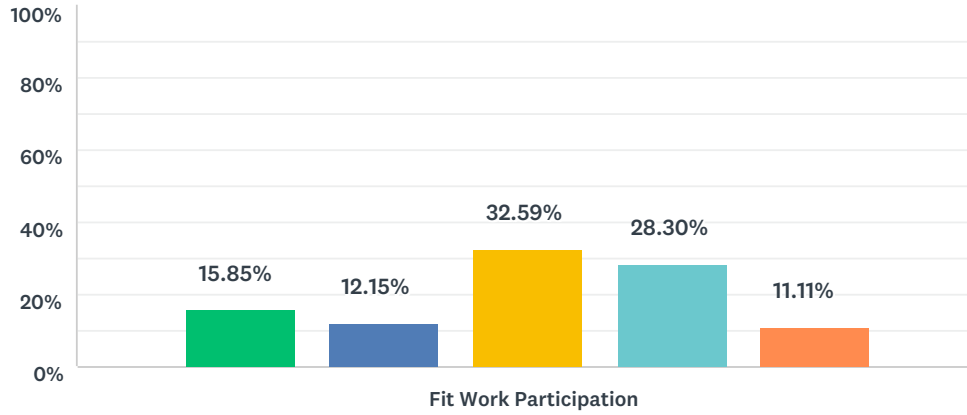


ANSWER CHOICES	RESPONSES	
Yes (1)	61.90%	416
No (2)	38.10%	256
<b>TOTAL</b>		<b>672</b>

BASIC STATISTICS				
Minimum	Maximum	Median	Mean	Standard Deviation
1.00	2.00	1.00	1.38	0.49

### Q16 My child proactively did the exercises in their Fit Work each week.

Answered: 675 Skipped: 20

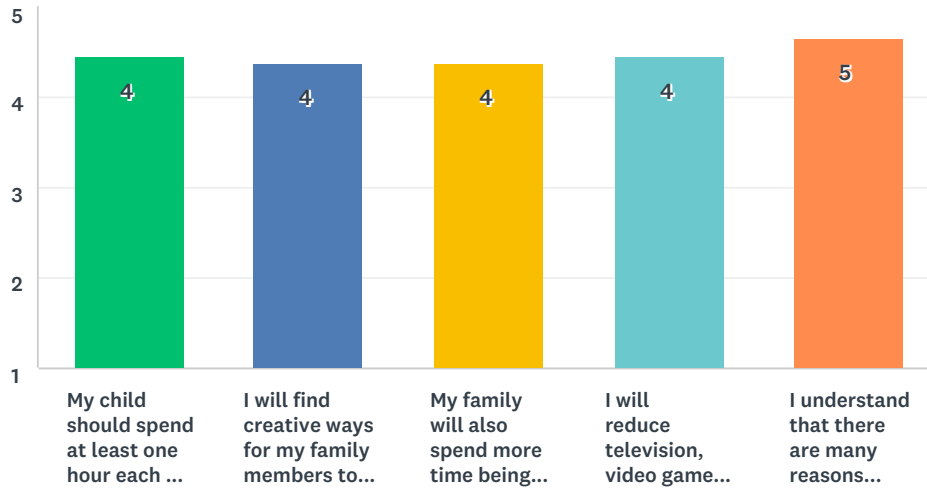


- (1) No - Had to push them
- (2) Sometimes, but needed a nudge
- (3) Sometimes Yes, Sometimes No
- (4) Pretty good about doing it
- (5) Yes - Always did on their own

	(1) NO - HAD TO PUSH THEM	(2) SOMETIMES, BUT NEEDED A NUDGE	(3) SOMETIMES YES, SOMETIMES NO	(4) PRETTY GOOD ABOUT DOING IT	(5) YES - ALWAYS DID ON THEIR OWN	TOTAL	WEIGHTED AVERAGE
Fit Work Participation	15.85% 107	12.15% 82	32.59% 220	28.30% 191	11.11% 75	675	3.07

## Q17 How much do you agree with each of the following statements around fitness for your family and child?

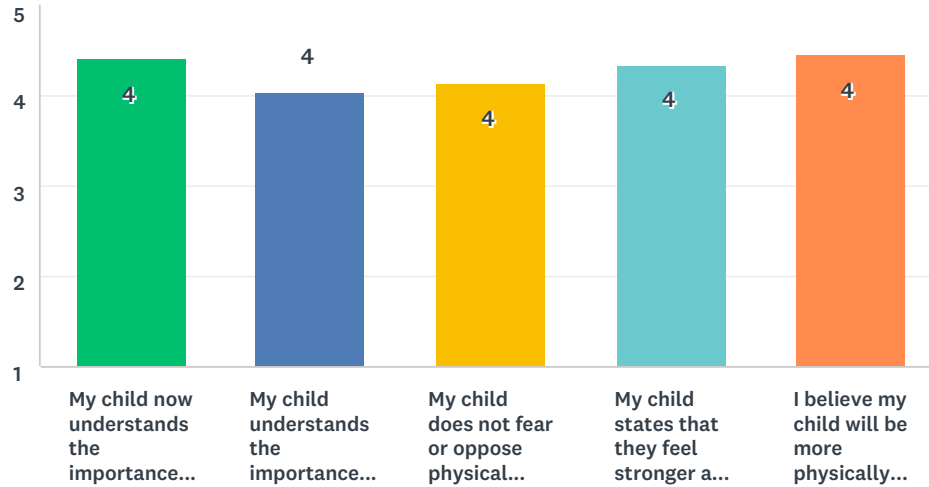
Answered: 683 Skipped: 12



	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
My child should spend at least one hour each day in moderate to vigorous intensity physical activity.	0.88% 6	1.62% 11	4.87% 33	34.96% 237	57.67% 391	678	4.47
I will find creative ways for my family members to be physically active.	1.32% 9	1.17% 8	2.49% 17	47.88% 327	47.14% 322	683	4.38
My family will also spend more time being physically active together.	0.59% 4	1.03% 7	5.01% 34	46.31% 314	47.05% 319	678	4.38
I will reduce television, video game and social networking time to make time for physical activity	0.59% 4	1.18% 8	4.41% 30	38.97% 265	54.85% 373	680	4.46
I understand that there are many reasons (other than weight control and the physical health benefits) that my family and/or I can benefit from being physically active.	0.74% 5	0.29% 2	0.88% 6	28.47% 193	69.62% 472	678	4.66

## Q18 Please state how much you agree or disagree with the following statements they relate to your child's attitude towards fitness after attending PAK.

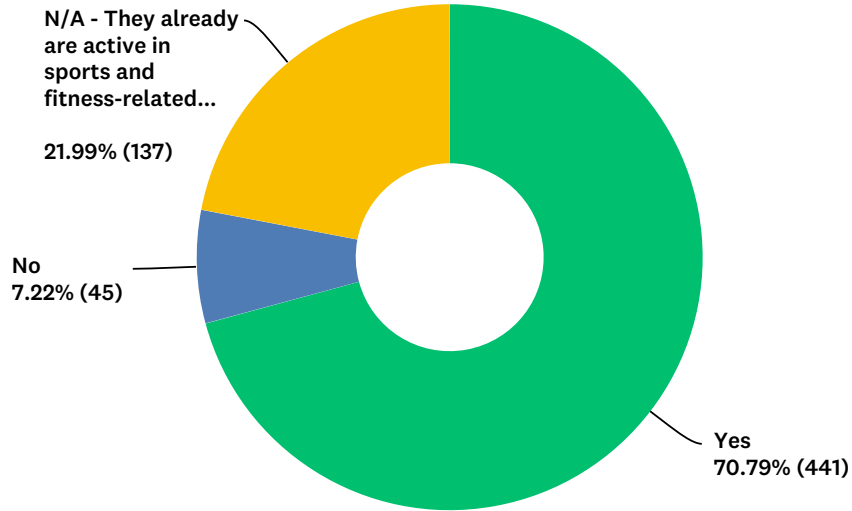
Answered: 680 Skipped: 15



	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE NOR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
My child now understands the importance of physical activity as it relates to their overall health.	1.03% 7	0.74% 5	3.24% 22	44.85% 305	50.15% 341	680	4.42
My child understands the importance of fat mass versus muscle mass better than before.	1.03% 7	2.65% 18	16.79% 114	49.34% 335	30.19% 205	679	4.05
My child does not fear or oppose physical activity the way they did before PAK.	1.48% 10	3.10% 21	13.74% 93	43.43% 294	38.26% 259	677	4.14
My child states that they feel stronger and healthier as a result of PAK Fitness.	0.59% 4	1.47% 10	8.69% 59	41.97% 285	47.28% 321	679	4.34
I believe my child will be more physically active as a result of attending PAK.	0.90% 6	1.05% 7	3.75% 25	38.53% 257	55.77% 372	667	4.47

## Q19 Will your child adopt an extra curricular fitness-related activity they may not have tried prior to PAK?

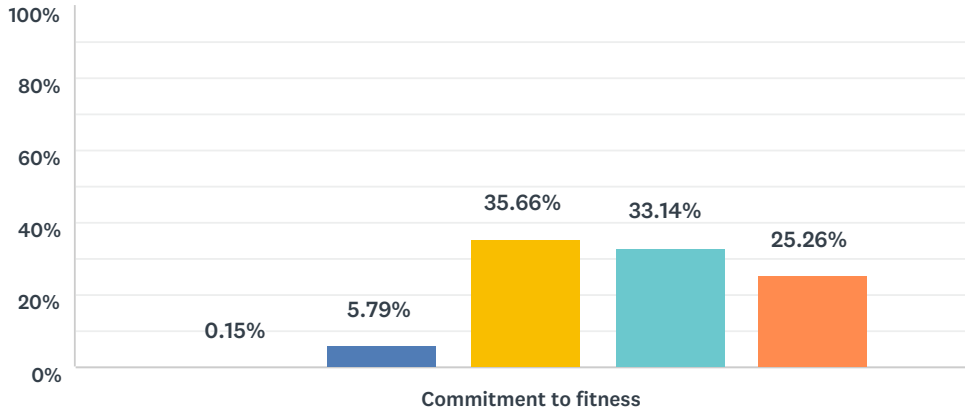
Answered: 623 Skipped: 72



ANSWER CHOICES	RESPONSES	
Yes	70.79%	441
No	7.22%	45
N/A - They already are active in sports and fitness-related activities.	21.99%	137
<b>TOTAL</b>		<b>623</b>

**Q20 The core measurement of the PAK 5 principles related to PAK Fitness is to BE FIT. On a scale of 1 through 5, with 5 being the highest score, please rank how your child has changed their commitment to fitness since beginning the 8-Week PAK PLAN.**

Answered: 673 Skipped: 22



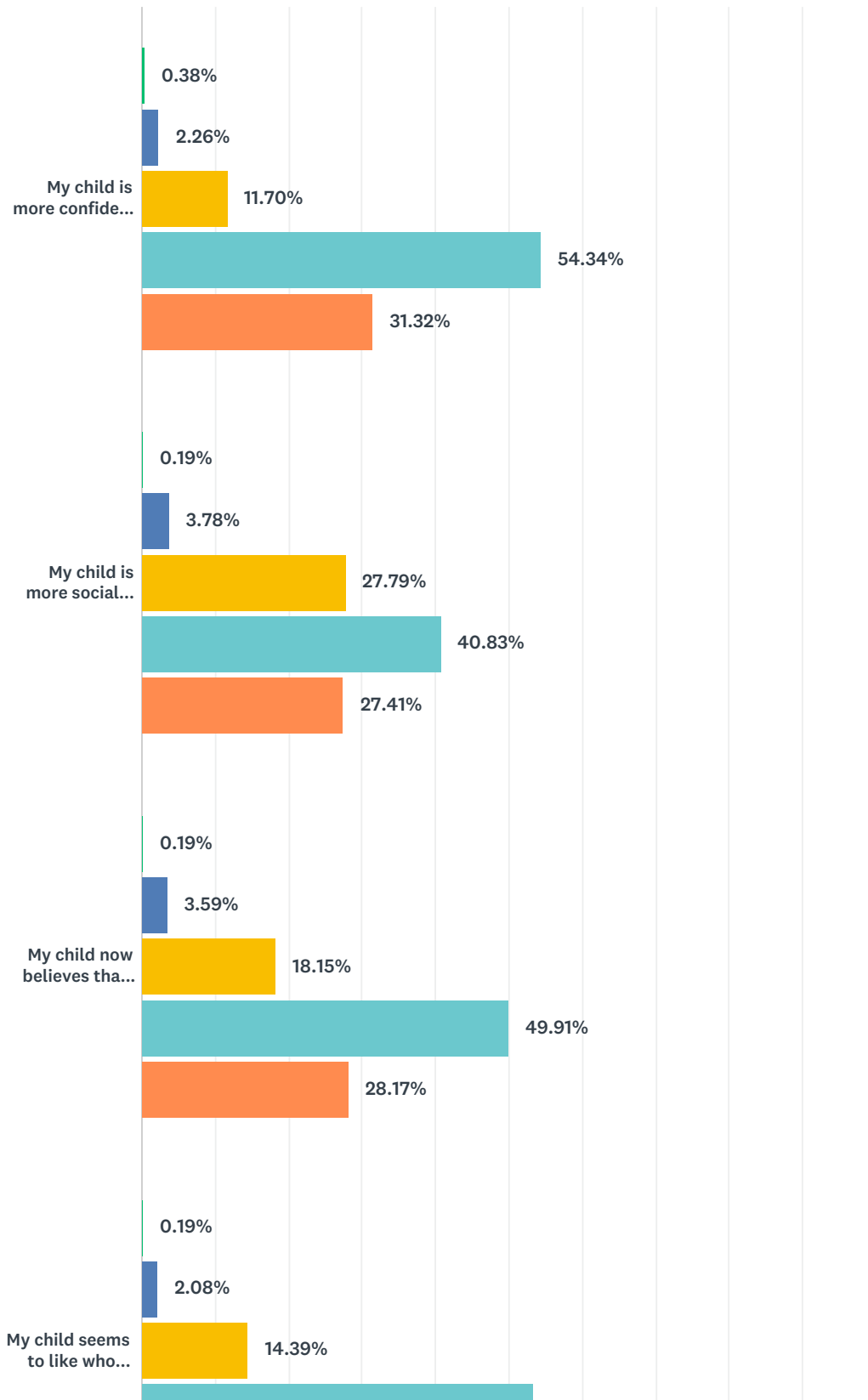
■ (1) No Improvement   
 ■ (2) Minimal Improvement   
 ■ (3) Improvement  
■ (4) Solid Improvement   
 ■ (5) Significant Improvement

	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
Commitment to fitness	0.15%	5.79%	35.66%	33.14%	25.26%	673	3.78
	1	39	240	223	170		

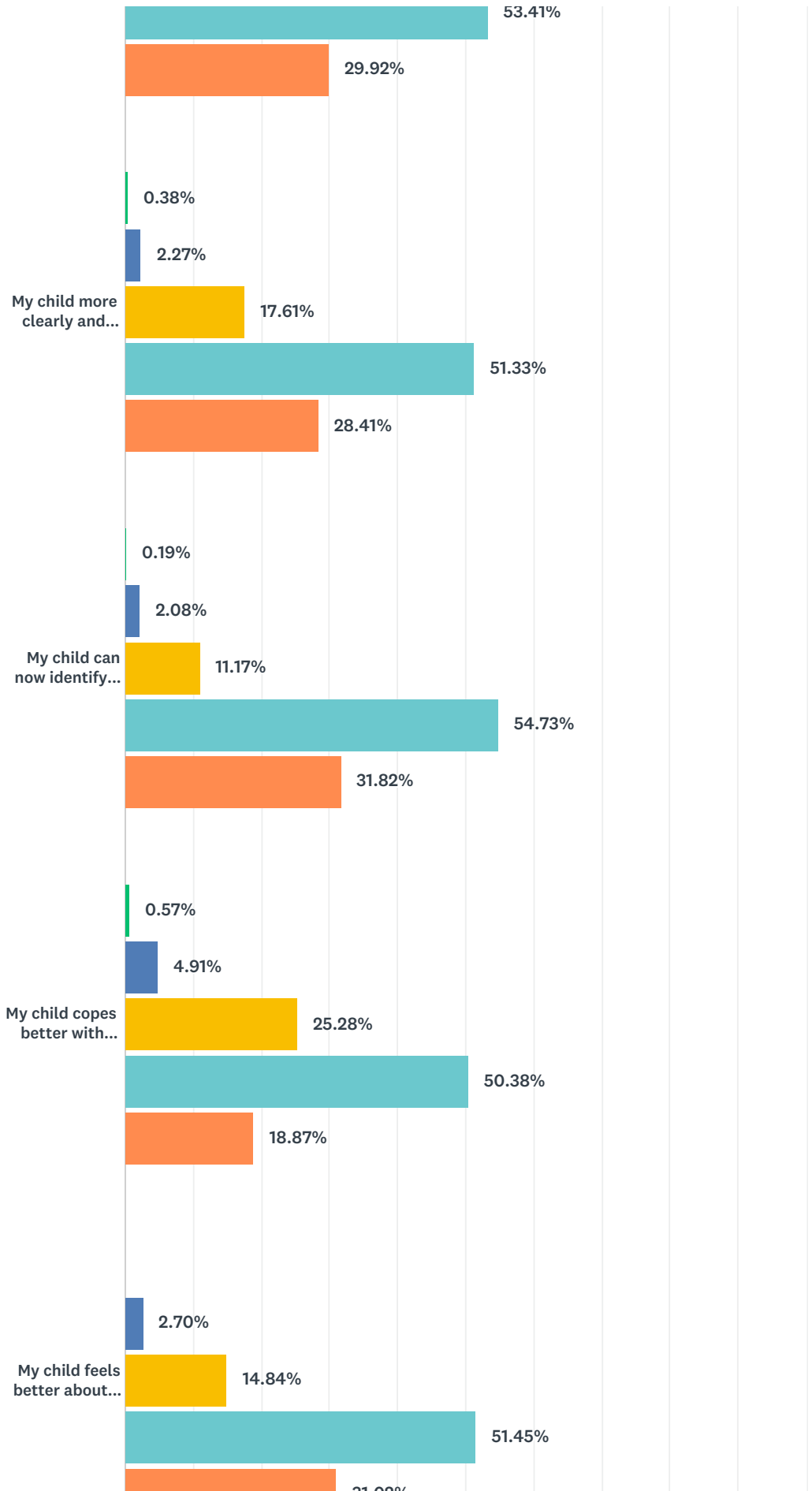


## Q22 State how much you agree or disagree with the following statements since attending PAK.

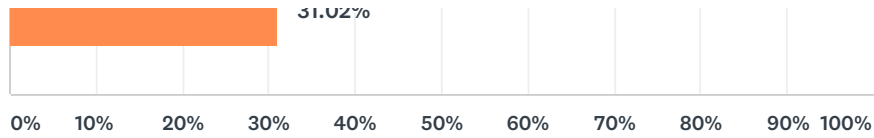
Answered: 531 Skipped: 164



# ProActive Kids Progression Survey for Parents



## ProActive Kids Progression Survey for Parents

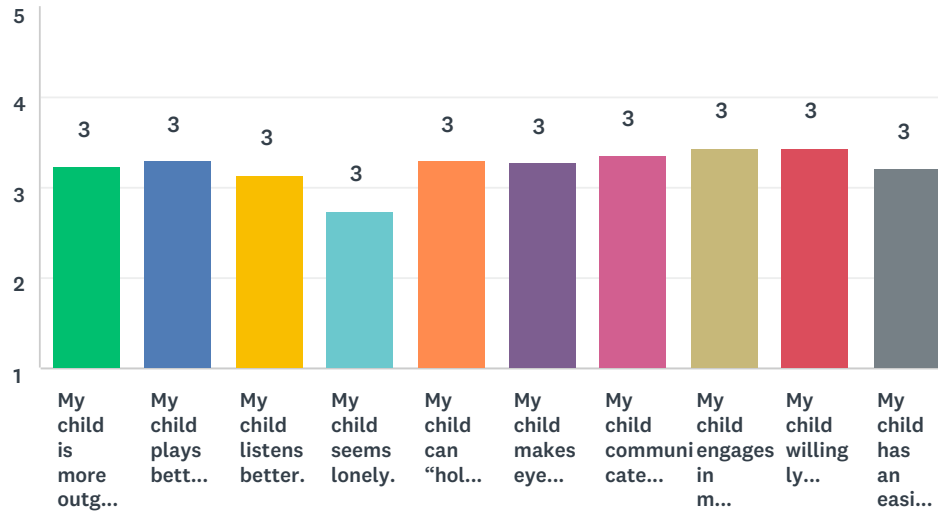


■ Strongly Disagree   
 ■ Disagree   
 ■ Neither Agree or Disagree   
 ■ Agree  
■ Strongly Agree

	STRONGLY DISAGREE	DISAGREE	NIETHER AGREE OR DISAGREE	AGREE	STRONGLY AGREE	TOTAL	WEIGHTED AVERAGE
My child is more confident in his/her abilities.	0.38% 2	2.26% 12	11.70% 62	54.34% 288	31.32% 166	530	4.14
My child is more social with friends.	0.19% 1	3.78% 20	27.79% 147	40.83% 216	27.41% 145	529	3.91
My child now believes that he/she can accomplish anything he/she sets out to do.	0.19% 1	3.59% 19	18.15% 96	49.91% 264	28.17% 149	529	4.02
My child seems to like who he/she is better.	0.19% 1	2.08% 11	14.39% 76	53.41% 282	29.92% 158	528	4.11
My child more clearly and openly expresses his/her feelings.	0.38% 2	2.27% 12	17.61% 93	51.33% 271	28.41% 150	528	4.05
My child can now identify positive characteristics about himself/herself.	0.19% 1	2.08% 11	11.17% 59	54.73% 289	31.82% 168	528	4.16
My child copes better with stressful situations and change.	0.57% 3	4.91% 26	25.28% 134	50.38% 267	18.87% 100	530	3.82
My child feels better about the way he/she looks.	0.00% 0	2.70% 14	14.84% 77	51.45% 267	31.02% 161	519	4.11

## Q23 Please rate how your child has improved and developed socially since starting the PAK program.

Answered: 522 Skipped: 173



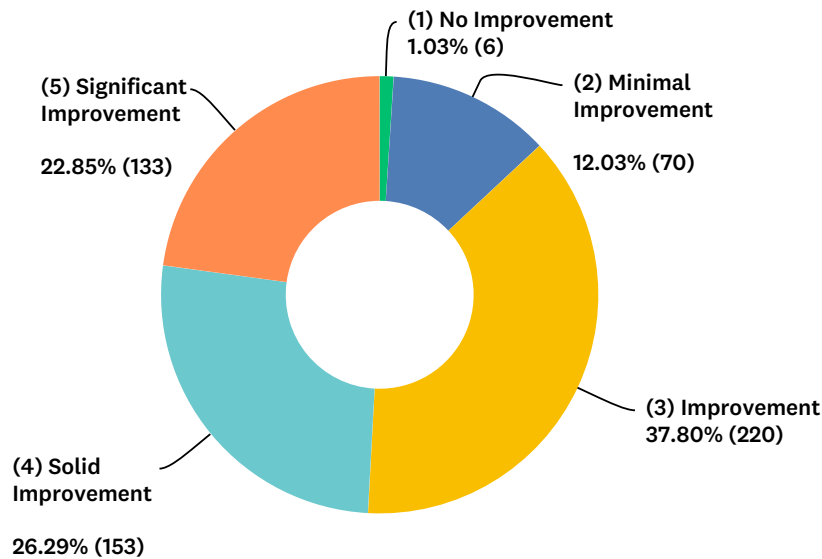
	NO IMPROVEMENT	MINIMAL IMPROVEMENT	IMPROVEMENT	SOLID IMPROVEMENT	SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
My child is more outgoing and/or initiates conversation with others.	6.00% 31	17.21% 89	37.72% 195	23.79% 123	15.28% 79	517	3.25
My child plays better with others.	6.25% 32	13.09% 67	41.21% 211	22.07% 113	17.38% 89	512	3.31
My child listens better.	7.83% 40	19.37% 99	37.57% 192	20.55% 105	14.68% 75	511	3.15
My child seems lonely.	18.52% 5	14.81% 4	48.15% 13	11.11% 3	7.41% 2	27	2.74
My child can "hold their own" better in a conversation with a peer or teacher.	6.26% 32	16.44% 84	36.40% 186	21.92% 112	18.98% 97	511	3.31
My child makes eye contact when engaged in conversations.	8.16% 42	16.31% 84	33.01% 170	23.69% 122	18.83% 97	515	3.29
My child communicates more clearly.	5.25% 27	14.40% 74	38.13% 196	22.37% 115	19.84% 102	514	3.37

## ProActive Kids Progression Survey for Parents

My child engages in more meaningful conversations with family members.	5.25% 27	11.48% 59	38.13% 196	24.51% 126	20.62% 106	514	3.44
My child willingly participates in planned social activities.	5.85% 30	14.04% 72	34.89% 179	21.44% 110	23.78% 122	513	3.43
My child has an easier time making friends.	9.49% 48	16.80% 85	34.19% 173	21.15% 107	18.38% 93	506	3.22

Q24 One core measurement of the PAK 5 principles related to Lifestyle is to BE CONFIDENT. On a scale of 1 through 5, with 5 being the highest score, please provide an overall ranking around how your child has changed socially since beginning the 8-Week PAK PLAN as it relates to general improvement in areas such as: •Identifying and expressing emotional needs •Better communication skills •Improved problem-solving skills •Improved body image •Improved self-esteem

Answered: 582 Skipped: 113

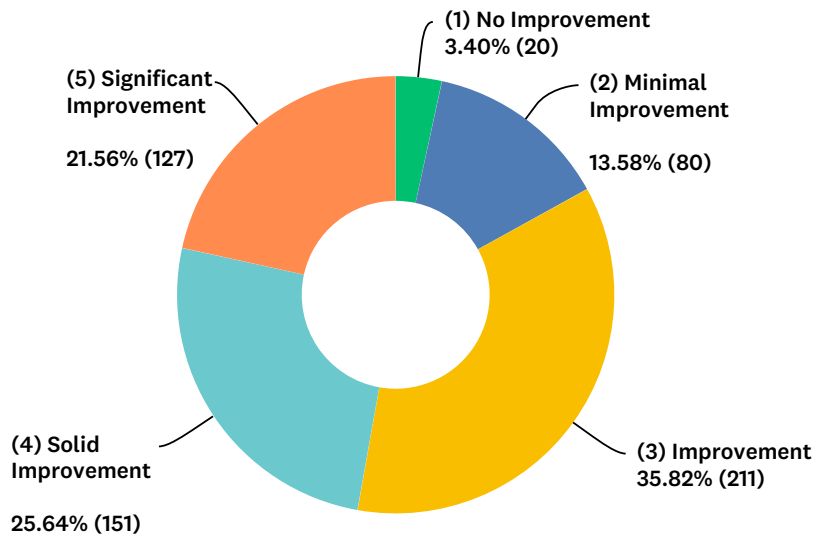


	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
General Social Indicators	1.03%	12.03%	37.80%	26.29%	22.85%	582	3.58
	6	70	220	153	133		

**Q25 Another core measurement of the PAK 5 principles related to Lifestyle is to BE ENGAGED. On a scale of 1 through 5, with 5 being the highest score, please provide an overall ranking around how your child has changed socially since beginning the 8-Week PAK PLAN as it relates to general improvement in areas such as:**

- Actively participating in social activities
- Follows through with activities started
- Volunteers to participate in activities
- Is excited about social activities

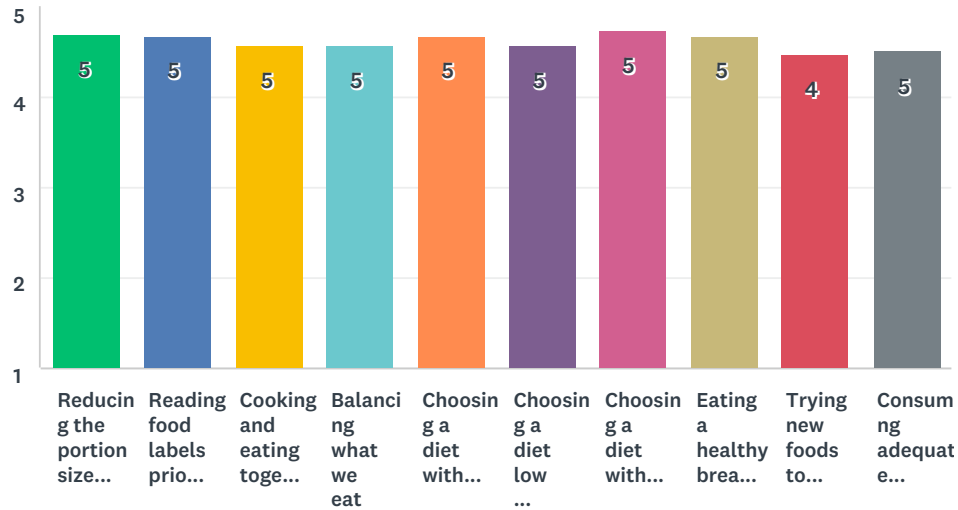
Answered: 589 Skipped: 106



	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
Improvement in social engagement	3.40% 20	13.58% 80	35.82% 211	25.64% 151	21.56% 127	589	3.48

## Q26 How important are each of the following choices in your family’s diet since attending PAK?

Answered: 667 Skipped: 28

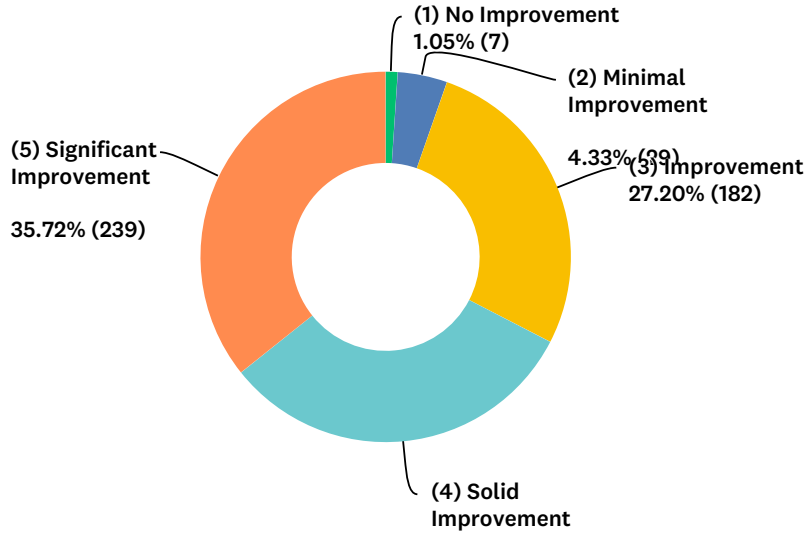


	NOT IMPORTANT AT ALL	UNIMPORTANT	NIETHER IMPORTANT NOR UNIMPORTANT	IMPORTANT	VERY IMPORTANT	TOTAL	WEIGHTED AVERAGE
Reducing the portion size of foods high in fat.	0.00% 0	0.15% 1	1.50% 10	26.92% 179	71.43% 475	665	4.70
Reading food labels prior to consumption	0.00% 0	0.15% 1	1.50% 10	28.38% 189	69.97% 466	666	4.68
Cooking and eating together as a family	0.00% 0	0.00% 0	3.92% 26	33.89% 225	62.20% 413	664	4.58
Balancing what we eat (energy in) with physical activity (energy out)	0.00% 0	0.00% 0	3.02% 20	35.60% 236	61.39% 407	663	4.58
Choosing a diet without a lot of added sugar.	0.00% 0	0.30% 2	2.25% 15	27.03% 180	70.42% 469	666	4.68
Choosing a diet low in fat.	0.00% 0	0.15% 1	4.06% 27	33.83% 225	61.95% 412	665	4.58
Choosing a diet with plenty of fruits and vegetables.	0.00% 0	0.00% 0	2.27% 15	21.00% 139	76.74% 508	662	4.74
Eating a healthy breakfast.	0.00% 0	0.00% 0	2.73% 18	26.82% 177	70.45% 465	660	4.68
Trying new foods to incorporate variety into my diet.	0.15% 1	0.45% 3	6.17% 41	36.60% 243	56.63% 376	664	4.49
Consuming adequate calcium for bone health and growth.	0.31% 2	0.15% 1	5.22% 34	35.18% 229	59.14% 385	651	4.53



**Q27 The core measurement of the PAK 5 principles related to PAK Nutrition is to BE HEALTH SMART. On a scale of 1 through 5, with 5 being the highest score, please rank how your child has changed their attitude toward diet and nutrition since beginning the 8-Week PAK PLAN.**

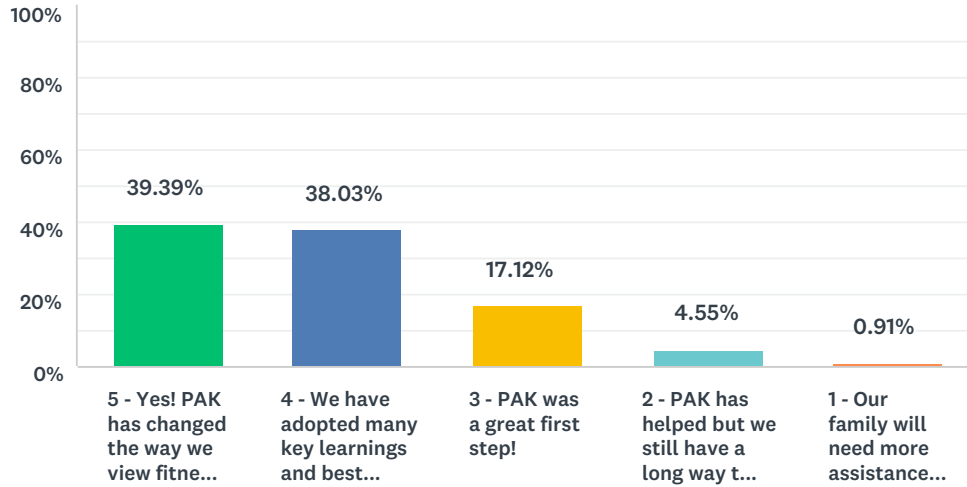
Answered: 669 Skipped: 26



	(1) NO IMPROVEMENT	(2) MINIMAL IMPROVEMENT	(3) IMPROVEMENT	(4) SOLID IMPROVEMENT	(5) SIGNIFICANT IMPROVEMENT	TOTAL	WEIGHTED AVERAGE
Nutritional Decision-Making	1.05% 7	4.33% 29	27.20% 182	31.69% 212	35.72% 239	669	3.97

## Q28 Please mark which response most accurately describes how your family will approach nutrition, fitness and overall health after attending PAK.

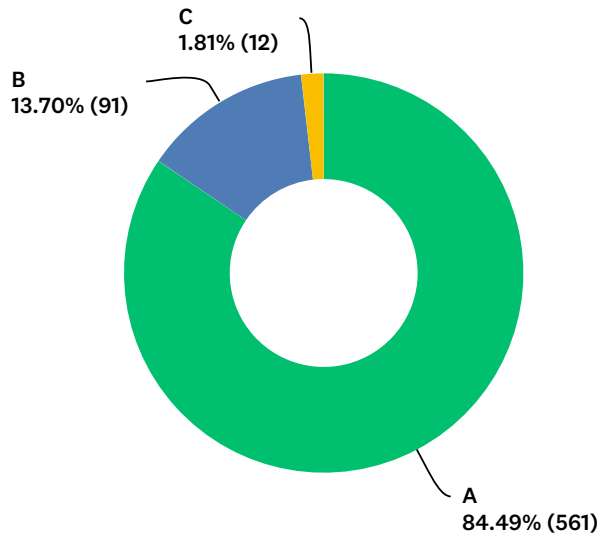
Answered: 660 Skipped: 35



ANSWER CHOICES	RESPONSES
5 - Yes! PAK has changed the way we view fitness and nutrition as a family and we have made significant lifestyle changes.	39.39% 260
4 - We have adopted many key learnings and best practices from PAK and are on our way to being health smart on a daily basis.	38.03% 251
3 - PAK was a great first step!	17.12% 113
2 - PAK has helped but we still have a long way to go.	4.55% 30
1 - Our family will need more assistance and education to help us live a healthier lifestyle.	0.91% 6
<b>TOTAL</b>	<b>660</b>

### Q29 If I were "grading" PAK I would give the overall PAK program:

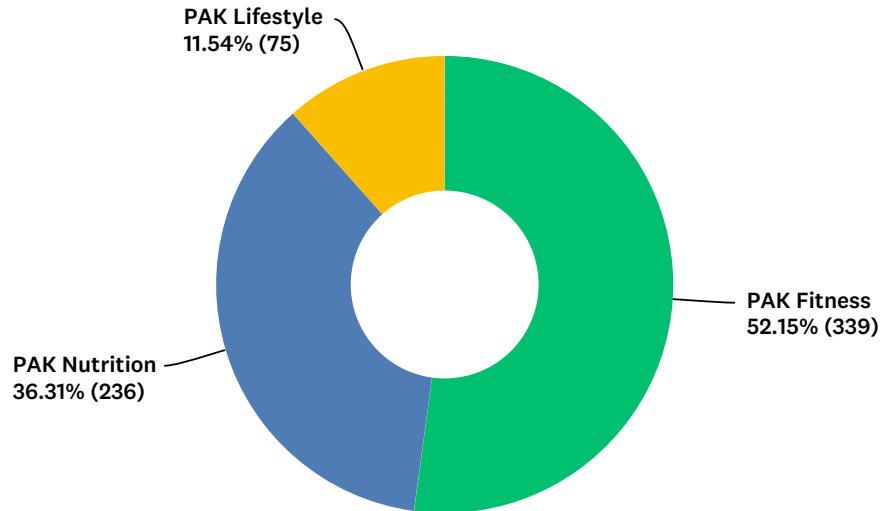
Answered: 664 Skipped: 31



ANSWER CHOICES	RESPONSES	
A	84.49%	561
B	13.70%	91
C	1.81%	12
TOTAL		664

Q30 The most helpful component of the PAK program for my CHILD was:  
PLEASE, select only ONE.

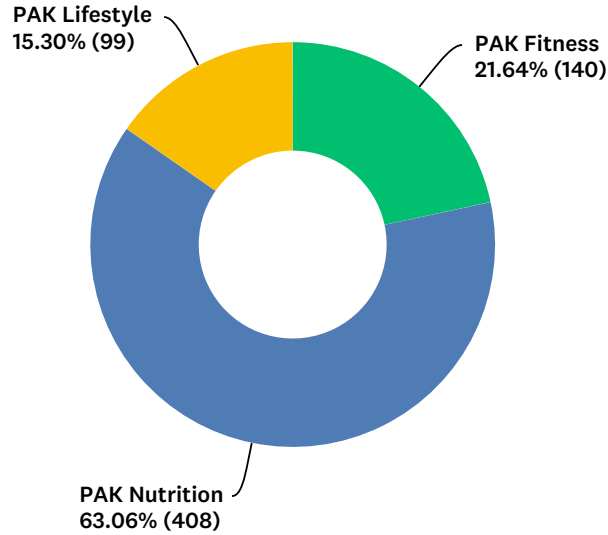
Answered: 650 Skipped: 45



ANSWER CHOICES	RESPONSES	
PAK Fitness	52.15%	339
PAK Nutrition	36.31%	236
PAK Lifestyle	11.54%	75
TOTAL		650

### Q31 The most helpful component of the PAK program for my FAMILY was: (PLEASE, select only ONE.)

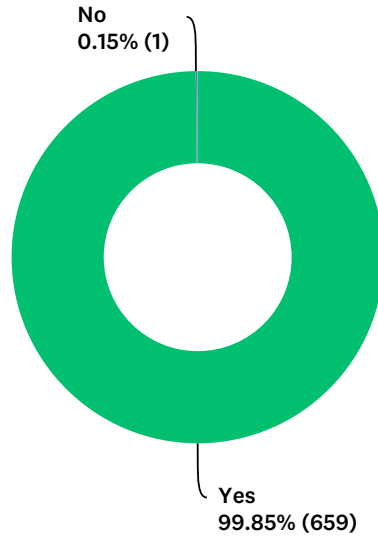
Answered: 647 Skipped: 48



ANSWER CHOICES	RESPONSES	
PAK Fitness	21.64%	140
PAK Nutrition	63.06%	408
PAK Lifestyle	15.30%	99
TOTAL		647

### Q32 I would recommend PAK to any family and/ or child struggling with unhealthy weight issues.

Answered: 660 Skipped: 35



ANSWER CHOICES	RESPONSES	
Yes	99.85%	659
No	0.15%	1
TOTAL		660