

Texercise Participant Post-Assessment

Congratulations on finishing a Texercise program. Please complete this post-assessment and compare it to your pre-assessment to see your progress in healthy aging. Texercise program hosts will report assessment data to Texercise to help us evaluate program effectiveness. The information provided to Texercise will be declassified and not include participant names or identifying information. Thank you.

~ Texercise

Please answer the following questions to the best of your ability.

Demographic Information

- Age:
- Gender:
- Ethnicity (check one):
 - Non-Hispanic/Latino
 - Hispanic/Latino
- Race (check all that apply):
 - American Indian or Alaska Native
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White

Health Assessment

Answer yes or no to the following statements.

1. I am currently physically active at least 150 minutes per week (30 minutes, five days a week).
 Yes No
2. I currently consume a sugary drink more often than water.
 Yes No
3. I currently engage in more sedentary behaviors than physical activity.
 Yes No
4. I feel confident in engaging in regular physical activity.
 Yes No
5. I have adequate support for engaging in regular physical activity.
 Yes No

Initials: _____

