

Texercise Participant Pre-Assessment

Congratulations on starting your journey to healthy aging by participating in a Texercise program. To evaluate the effectiveness of the program, Texercise provides participants with a pre and post assessment. The Texercise program host gathers the class assessments and reports the data to Texercise. The information provided to Texercise is declassified and does not include participant names or identifying information. Thank you for sharing your time and feedback with us.

~ 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
 - Asian
 - 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: _____



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