

Data Collection for Before and After

Take a night this week to get your family together and compile some “Baseline Data” (left column) that will be your gauge as you work through this book. After you and your family complete the book together, collect the same data and place it in the “Post Data” column on the right so you can see how far you’ve come! Add more family members, if needed.

Note: Waist and hip circumference can be measured with an apparel tape measure or a piece of string (then place it up against a ruler). Measure the waist at the level of the belly button and the hips at the widest part of the buttocks.

Family Member 1 Name: _____

	Baseline Data	Post Data
	Date: _____	Date: _____
Age		
Height		
Weight		
Waist Circumference		
Hip circumference		
Medications		
How much do you like exercise? (<i>0 = least, 10 = most</i>)		
How much do you know about exercise? (<i>0 = least, 10 = most</i>)		
What do you currently do for exercise?		
How much do you like eating healthy foods? (<i>0 = least, 10 = most</i>)		
How much do you know about healthy foods? (<i>0 = least, 10 = most</i>)		
What do you currently do for healthy eating, or what healthy foods do you eat?		
What are your goals in living a healthy lifestyle?		
How has your perception of exercising and nutrition changed since the beginning?	Not Applicable	

Family Member 2 Name: _____

	Baseline Data	Post Data
	Date: _____	Date: _____
Age		
Height		
Weight		
Waist Circumference		
Hip circumference		
Medications		
How much do you like exercise? (<i>0 = least, 10 = most</i>)		
How much do you know about exercise? (<i>0 = least, 10 = most</i>)		
What do you currently do for exercise?		
How much do you like eating healthy foods? (<i>0 = least, 10 = most</i>)		
How much do you know about healthy foods? (<i>0 = least, 10 = most</i>)		
What do you currently do for healthy eating, or what healthy foods do you eat?		
What are your goals in living a healthy lifestyle?		
How has your perception of exercising and nutrition changed since the beginning?	Not Applicable	

Family Member 3 Name: _____

	Baseline Data	Post Data
	Date: _____	Date: _____
Age		
Height		
Weight		
Waist Circumference		
Hip circumference		
Medications		
How much do you like exercise? (<i>0 = least, 10 = most</i>)		
How much do you know about exercise? (<i>0 = least, 10 = most</i>)		
What do you currently do for exercise?		
How much do you like eating healthy foods? (<i>0 = least, 10 = most</i>)		
How much do you know about healthy foods? (<i>0 = least, 10 = most</i>)		
What do you currently do for healthy eating, or what healthy foods do you eat?		
What are your goals in living a healthy lifestyle?		
How has your perception of exercising and nutrition changed since the beginning?	Not Applicable	

Family Member 4 Name: _____

	Baseline Data	Post Data
	Date: _____	Date: _____
Age		
Height		
Weight		
Waist Circumference		
Hip circumference		
Medications		
How much do you like exercise? (<i>0 = least, 10 = most</i>)		
How much do you know about exercise? (<i>0 = least, 10 = most</i>)		
What do you currently do for exercise?		
How much do you like eating healthy foods? (<i>0 = least, 10 = most</i>)		
How much do you know about healthy foods? (<i>0 = least, 10 = most</i>)		
What do you currently do for healthy eating, or what healthy foods do you eat?		
What are your goals in living a healthy lifestyle?		
How has your perception of exercising and nutrition changed since the beginning?	Not Applicable	

Family Member 5 Name: _____

	Baseline Data	Post Data
	Date: _____	Date: _____
Age		
Height		
Weight		
Waist Circumference		
Hip circumference		
Medications		
How much do you like exercise? (<i>0 = least, 10 = most</i>)		
How much do you know about exercise? (<i>0 = least, 10 = most</i>)		
What do you currently do for exercise?		
How much do you like eating healthy foods? (<i>0 = least, 10 = most</i>)		
How much do you know about healthy foods? (<i>0 = least, 10 = most</i>)		
What do you currently do for healthy eating, or what healthy foods do you eat?		
What are your goals in living a healthy lifestyle?		
How has your perception of exercising and nutrition changed since the beginning?	Not Applicable	