

Jump Rope for Heart: Measuring Impact Survey



1. What year(s) did you participate in Jump Rope for Heart?

2. What words come to mind first when you think of Jump Rope for Heart? (Please list 1-2 adjectives)

3. Which skipping routines or skills did you practise?

☐ Basic jumping ☐ Double Dutch ☐ Criss-Cross

☐ Other (please specify)

4. Where did you mostly skip when you participated in Jump Rope for Heart?

☐ At school ☐ At home ☐ On my street ☐ In my backyard

☐ Other (please specify)

5. What songs or chants do you remember from when you skipped?
(Please describe or list them)

6. How much money did you raise?

☐ Under \$100 ☐ \$100 – \$150 ☐ \$150 – \$200 ☐ More than \$200

☐ Other (please specify)

7. Who donated to your fundraising?

☐ Family

☐ Friends

☐ Other (please specify)

8. Was health and nutrition discussed as part of the Jump Rope for Heart program when you participated? Please describe what was emphasised.

9. What did 'healthy eating' look like when you were my age?

10. What did being 'active' look like when you were my age?

[student question]?

[student question]?