Up for the Challenge Evaluation Guidelines

If you wish to evaluate children’s nutrition and physical activity behaviors before and after the Up for the Challenge program, there are several options. Use the decision tree to choose your evaluation tools. Remember, you can also use these tools to see what topics you may want to include when selecting Up for the Challenge lessons. If you plan to match tools to look at behaviors before and after the program, be sure to carefully record children’s names on the tools.

Do the same children come to the program for most of the sessions?

- **YES**
  - Do you have jump ropes to use?
    - **YES**
      - Use the Jump Rope Test and Focus on Food Survey before and after the program.
    - **NO**
      - When are you using Up for the Challenge?
        - During the school year
          - How old are the children?
            - 7-10 Years Old
              - Use the Day in the Life Questionnaire School Version for 7-10 year olds before and after the program.
            - 11-13 Years Old
              - Use the Day in the Life Questionnaire Summer Version for 11-13 year olds before and after the program.
        - During the summer
          - How old are the children?
            - 7-10 Years Old
              - Use the Day in the Life Questionnaire School Version for 7-10 year olds before and after the program.
            - 11-13 Years Old
              - Use the Day in the Life Questionnaire Summer Version for 11-13 year olds before and after the program.

- **NO**
  - Use the Focus on Food Survey before and after the program.

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