

Name: _____

Endurance Questionnaire

We want to understand your child's ability to sustain active movement (of what ever kind your child is capable) over time without getting tired or out of breath. Please rate the following statements from that perspective in terms of how often your child matches each statement.

1. My child's physical activity level (amount of time that my child moves about during daily activities and play) is similar to other children his age.

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

2. My child has a high physical energy level and rarely needs to take rests when moving himself around during daily activities and play time.

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

3. My child does enough activity so that he is breathing quickly or gets flushing in his face at least one time each day.

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

4. Fatigue does not appear to limit my child's ability to actively participate in indoor active movement play.

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

5. My child spends a lot of his play or free time doing activities that require lots of physical energy (e.g. rolling around, scooting or crawling, climbing, playing games with balls, walking, running, jumping, etc.)

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

6. On average approximately how many minutes can your child move actively during play indoors without needing a rest?

<i>>20 min</i>	<i>11-20 min</i>	<i>6-10 min</i>	<i>1-5 min</i>	<i>0 min</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

If your child has some form on independent mobility, please rate these statements:

7. My child has enough energy to move himself through our home environment during regular daily activities without needing a rest, (e.g. move from bedroom to eating area, from eating area to inside play area, from bedroom to bathroom).

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

8. My child has enough energy to move himself around our yard or the local outside play area for at least 10 minutes of playtime without needing a rest

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

9. Fatigue does not appear to limit my child's ability to actively participate in outdoor activities.

<i>Always</i>	<i>Often</i>	<i>Sometimes</i>	<i>Rarely</i>	<i>Never</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>

10. On average approximately how many minutes can your child move actively during play outside without needing a rest?

<i>>30 min</i>	<i>16-30 min</i>	<i>11-15 min</i>	<i>6-10 min</i>	<i>1-5 min</i>
<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>