

BMOD FITNESS CORPORATION SURVEY

Below is a copy of the recent BMod Fitness parent evaluation survey. Reported are the means for each survey question. For a complete and detailed statistical analysis report please contact BMod Fitness Corporation at tonya@bmodfitness.com Be sure to include your full name and mailing address and the stated purpose for the data request. Means reported below are for a combination of all BMod Fitness Corporation customers who replied to the survey, and include children of both genders from age 2-15 with a range of special needs.

AGE: _____

DIAGNOSIS: _____

GENDER: _____

ENROLLED IN BMOD FITNESS:

1-4 WEEKS, 4-8 WEEKS, 8-12 WEEKS, 12 WEEKS – 16 WEEKS, 16 WEEKS +

NUMBER OF BMOD CLASSES PER WEEK: _____

Please rate your perception of your child in the following areas on the following scale:

1-----2-----3-----4-----5-----6-----7
Strongly Disagree No Change Agree Strongly Agree

SELF-ESTEEM: My child's self-esteem has increased since starting the BMod Fitness program.

_____ Mean = 5.68 Std. Deviation = 1.32

CONFIDENCE: My child's confidence (child's willingness to try new things) has increased since starting the BMod Fitness program.

_____ Mean = 6.06 Std. Deviation = .85

PHYSICAL FITNESS: My child's over all physical fitness level has increased since starting the BMod Fitness program

_____ Mean = 6.47 Std. Deviation = .83

APPROPRIATE BODY USE IN PHYSICAL ACTIVITY: The way my child uses their body during physical activity (such as walking up stairs, holding items, playing in the park or playground) has improved since starting the BMod Fitness program

_____ Mean = 5.94 Std. Deviation = 1.07

TANTRUM BEHAVIORS: My child's tantrum behavior has decreased since starting the BMod Fitness Program

_____ Mean = 4.93 Std. Deviation = 1.49

SELF-STIMULATING BEHAVIOR: My child's level of self-stimulating behavior(s) has decreased since starting the BMod Fitness program

_____ Mean = 5.00 Std. Deviation = 1.58

PLEASE RATE YOUR CHILD'S LEVEL IN EACH OF THE FOLLOWING AREAS USING A SCALE OF BETWEEN 1-7, WITH A 1 INDICATING THE LOWEST LEVEL AND A 7 BEING THE HIGHEST

DECISION MAKING: (The ability child demonstrates to make a decision between two or more choices without prompting and in an appropriate amount of time)

BEFORE STARTING BMOD FITNESS = Mean Before = 3.63

AFTER STARTING BMOD FITNESS Mean After = 5.45

Mean Difference = 1.82

CRITICAL THINKING: (the ability of a child to make a good choice when making a decision; ex. Choice to ask for help in something or to cry because they can't do something)

BEFORE STARTING BMOD FITNESS = Mean Before = 3.30

AFTER STARTING BMOD FITNESS = Mean After = 5.27

Mean Difference = 1.20

PROBLEM SOLVING: (ability level of a child to solve simple and/or complex problems like how to open a container to get what they want, or how to put two or more items together in order to get to something that they want)

BEFORE STARTING BMOD FITNESS = Mean Before = 4.05

AFTER STARTING BMOD FITNESS = Mean After = 5.80

Mean Difference = 1.74

GENERAL SOCIALIZATION: (ex. Level that child engages/interacts with strangers, relative strangers, or adults like teachers, aides, etc.)

BEFORE STARTING BMOD FITNESS = Mean Before = 3.55

AFTER STARTING BMOD FITNESS = Mean After = 5.61

Mean Difference = 2.05

PEER INTERACTION: (ex. Level that child interacts/engages with peers at school or in the park)

BEFORE STARTING BMOD FITNESS = Mean Before = 3.05

AFTER STARTING BMOD FITNESS = Mean After = 5.18

Mean Difference = 2.13

EXPRESSIVE LANGUAGE: (Level that child uses appropriate verbal, written or sign language to express wants/needs)

BEFORE STARTING BMOD FITNESS = Mean Before = 3.54

AFTER STARTING BMOD FITNESS = Mean After = 5.57

Mean Difference = 2.03