

Jump4Life!

A CINCH Jump Rope Program for Kids in Healthy Hampton Roads

Jumper Feedback

Please tell us what you think of the jump rope program!

1. I jump rope on my own at home.

- A lot
- Sometimes
- Never

2. I jump rope at my program site.

- A lot
- Sometimes
- Never

3. I like jumping rope.

- A lot
- Sometimes
- Never

4. I jump rope more now than I did before the jump rope program.

- Yes
- No
- Not sure

5. I am better at jumping rope because of the jump rope program.

- Yes
- No
- Not sure

6. I want to do the jump rope program again.

- Yes
- No
- Not sure

