

## FNPA Behaviorally Anchored Rating (BAR) Scales

1	My child rarely eats breakfast and we don't typically eat together as a family.	My child does not regularly eat breakfast but we eat together as a family on most days of the week	My child eats breakfast on most days but we don't typically eat together as a family.	My child eats breakfast on most days and we typically eat together as a family.
2	Our family regularly eats fast food and we tend to snack between meals on a regular basis and eat while watching TV.	Our family regularly eats fast food but we don't snack much between meals or eat while watching TV.	Our family rarely eats fast food but we tend to snack between meals and eat while watching TV.	Our family rarely eats fast food and we don't snack much between meals or eat while watching TV.
3	Our family eats at fast food restaurants and uses prepackaged foods (macaroni and cheese, frozen pizza, and hamburger helper) for our main course. We usually do not eat fruits and vegetables with our main meal.	Our family eats at fast food restaurants and uses prepackaged foods (macaroni and cheese, frozen pizza, and hamburger helper) for our main course. We also consume some fruits and vegetables as side dishes.	Our family eats mostly freshly prepared main courses such as grilled chicken or fish, pasta, and fruits and vegetables. We also consume some side dishes such as rice-a-roni, french fries, or potato chips.	Our family eats mostly freshly prepared main courses such as grilled chicken or fish, pasta, and fruits and vegetables.
4	Our family serves mostly soda pop or other sweetened drinks (Kool-Aid or lemonade) with meals and snacks, and we do not regularly serve 100% fruit juice or low fat milk.	Our family serves mostly soda pop or other sweetened drinks (Kool-Aid or lemonade) with meals and snacks, and we do occasionally serve 100% fruit juice or low fat milk.	Our family regularly serves 100% fruit juice or low fat milk at meals and snacks and we do occasionally serve soda pop or other sweetened drinks (Kool-Aid or lemonade).	Our family regularly serves 100% fruit juice and low fat milk at meals and snacks and we do not serve soda pop or other sweetened drinks (Kool-Aid or lemonade).

5	I/We don't control how much our child eats potato chips, cookies, and candy. Food is often used as a reward for something positive my child has done.	I/We monitor (and restrict) how much our child eats potato chips, cookies and candy. These foods are sometimes used as a reward for something positive my child has done.	I/We monitor (but don't restrict) how much our child eats potato chips, cookies, and candy are eaten. These foods are sometimes used as a reward for something positive my child has done.	I/We monitor (but don't restrict) how much our child eats potato chips, cookies, and candy. These foods are rarely used as a reward for something positive my child has done.
6	My child watches television or plays on the computer (or with video games) for <u>more</u> than 4 hours each day	My child watches television or plays on the computer (or with video games) for between 2 - 4 hours each day.	My child watches television or plays on the computer (or with video games) for <u>between 1 - 2</u> hours each day.	My child watches television or plays on the computer (or with video games) for <u>less than 1</u> hour each day of the week.
7	I/We rarely monitor the amount of TV our children watch and allow them to have a TV in their bedroom.	I/We monitor the amount of TV our children watch but allow them to have a TV in their bedroom.	I/We rarely monitor the amount of TV our children watch but we don't allow them to have a TV in their bedroom.	I/We monitor the amount of TV our children watch but we don't allow them to have a TV in their bedroom.
8	I rarely participate in physical activity and our family does not play games outside, ride bikes, or walk together very often.	I participate regularly in physical activity (e.g. walking) but our family does not play games outside, ride bikes, or walk together often.	I rarely participate in physical activity (e.g. walking) but our family plays games outside, ride bikes, or walks together fairly frequently.	I participate regularly in physical activity (e.g. walking) and our family plays games outside, ride bikes, or walks together fairly frequently.

9.	My child participates in almost no physical activity during his/her free time and is not enrolled in any organized sports or activities with a coach or leader.	My child participates in some physical activity a few days a week (2-3 days) in his/her free time but does not typically participate in any organized sports or activities with a coach or leader.	My child does not participate in physical activity in his/her free time but does participate in some organized sports or activities with a coach or leader a few days a week (2-3 days).	My child regularly participates (i.e. on most days) in physical activity in his/her free time and also participates in sports/activities with a coach or leader.
10.	Our family does not have a daily routine or schedule for our children's bedtime and our children get varying amounts of sleep each night.	Our family does not have a daily routine or schedule for our children's bedtime we follow but our child typically gets at least 10-11 hours of sleep a night.	Our family follows a daily routine or schedule for our children's bedtime but our children tend to get less than 9- 10 hours of sleep a night.	Our family follows a daily routine or schedule for our children's bedtime and our child typically gets 11 hours or more of sleep a night.