

PRE AND POST TEST

The pre and posttest for TAGS is a very important tool for the Girl Scout Councils to use to plan and improve programs. Ultimately, program evaluation benefits Girl Scout Leaders and girl members.

Before starting the TAGS program please ask your girls the questions on the Pre Test side. After completing the program please ask your girls the questions on the Post Test side.

PRE TEST

1. Before beginning the TAGS program are you making healthy food choices?

2. Before TAGS do you know the importance in getting plenty of sleep and rest for your age group?

3. Before TAGS do you feel good about your body image?

4. Before TAGS do you exercise at least three times a week? If so, how many girls?

POST TEST

1. After TAGS how have your food choices changed?

2. After participating in the TAGS program describe how your sleep habits changed.

3. After TAGS do you feel better about your bodies?

4. After TAGS do you exercise more than three times a week. If so, how many girls?

LEADER SECTION

How did you incorporate the TAGS program in your Troop meetings?

What Nutrition activity was liked?

What Exercise activity was the most enjoyable?

What did the girls learn about the necessity of sleep?

What activity in Body Image was liked the best?

What activities listed in the Resource Section did you find most helpful?