

Best Bones Junior Badge Pre-Project Questionnaire

This questionnaire should be completed **BEFORE** you begin doing activities for the Best Bones Badge Project. You must **return the completed form to your troop leader prior to the start of the project** in order to be eligible to receive the Best Bones badge. This same questionnaire should be distributed and discussed after the badge is completed.

Circle the answer to each question.

1. Have you, or has anyone in your family, been diagnosed as having osteoporosis?

YES NO

2. How many times per week do you participate in any weight-bearing exercises such as walking, jogging, or aerobic dance totaling 45 minutes or longer?

YES NO

3. How many 1 ounce servings of cheese, 8 ounce servings of milk (whole, 2%, 1%, skim) or 8 ounce servings of yogurt do you consume each day?

a. 1-2 b. 3-4 c. 5-7 d. none

4. How many servings of the following foods do you consume each day: 3 ounces canned salmon or sardines (with bones); 1 cup greens such as collards, broccoli, kale; 4 ounces tofu made with calcium salts?

a. 1-2 b. 3-4 c. 5-7 d. none

5. Do you eat or drink any calcium fortified foods such as orange juice, bread, or cereals?

YES NO

6. Do you take any pills/supplements that have calcium in them to keep your bones strong?

YES NO

Name _____ Troop/Group # _____

Age: _____ Level: _____

Race/Ethnicity: White _____ Hispanic _____ African American _____ Asian _____ Other _____
(specify)