Community Mapping Sheet – for CANFIT’s ACTIVE8
(for Activity 1: What’s in My Community? on page 10 of CANFIT’s ACTIVE8)

*Physical Activity Questions

○ Where do you play or are physically active? ____________________________________________

○ What do you like about your neighborhood? ____________________________________________

○ What do you dislike about your neighborhood? ____________________________________________

○ What kinds of recreational facilities (centers, gyms, sports clubs) are in your community? __________________________________________________________________________________________

○ How far are they from where you live and/or go to school? ________________________________

○ Are there public parks in your community? Do you feel safe going to these parks? __________________________________________________________________________________________

○ Circle if any of these are in your neighborhood.
Drug dealing  Gangs  Unsafe motorist

○ Are there adequate stop signs, traffic lights, and speed bumps in your community to stop motorists from driving too fast? __________________________________________________________________________________________

○ Are there adequate streetlights in your community? ____________________________________________

*Nutrition Questions

○ Where do you buy snacks in your neighborhood? ____________________________________________

○ What kinds of food stores are in your community? ____________________________________________

○ How far does your family have to travel to get to a grocery store, especially the store you usually shop at? (ex: 5 miles? 20 miles?) ________________________________

○ Circle which stores you usually shop at for food.
Large chain grocery stores  Small grocery markets  convenience/ liquor stores

○ Are there farmers’ markets in your community? If so, do you buy from it? If not, why not? __________________________________________________________________________________________

○ What fast food restaurants are in your community? What other types of restaurants are there? __________________________________________________________________________________________

○ Do you have vendors that sell snacks/candy/Ice cream? If yes, where are they usually located? __________________________________________________________________________________________