

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? _____
