

Monthly Logbooks

1 st month: Kindergarten Environment					
	Always	Often	Sometimes	Not often	Never
Was a Drinking Station or water available for children in the class every day of the week?					
Was equipment and space appropriately arranged for PE classes every day of the week?					
Was the Magic Snack Plate available at scheduled times (i.e. morning snack and/or afternoon snack) according to the time plan?					
Was classroom appropriately arranged for movement breaks every day of the week?					
1 st month: Children performing the Drinking Behaviour & Snacking Behaviour					
	Always	Often	Sometimes	Not often	Never
Did you regularly remind children to drink water?					
Did you remind children to drink water after they have been active?					
Did you remind children to bring healthy snacks from home (or remind the catering service/restaurant to provide healthy snacks to children)					
Did you ensure every day that children do break for morning snack at a set time?					
Did you ensure every day that children do break for afternoon snack (if applicable) at a set time?					
1 st month: Classroom Activities for Drinking Behaviour & Introductory Newsletter					
	Always	Often	Sometimes	Not often	Never
Did you implement the classroom activities as described in the manual?					
Did you devote on average at least one hour per week in the classroom activities as described in the manual?					
Which Classroom Activities regarding Drinking Behaviour did you implement?	Little Kangaroo Stories: 1 2 3 Sensory perception games around drinking: 1 2 3 Experiments: 1 2 Excursions: 1 2 3				
In which week did you deliver (either directly yourself or via the child) the Introductory Newsletter to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 1	<input type="checkbox"/> In week 2	<input type="checkbox"/> In week 3	<input type="checkbox"/> In week 4
In which week did you deliver (either directly yourself or via the child) the 1st Drinking Behaviour Newsletter to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 1	<input type="checkbox"/> In week 2	<input type="checkbox"/> In week 3	<input type="checkbox"/> In week 4
In which week did you deliver (either directly yourself or via the child) the 1st Drinking Behaviour Tip Card to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 1	<input type="checkbox"/> In week 2	<input type="checkbox"/> In week 3	<input type="checkbox"/> In week 4

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2. Androutsos O, Apostolidou E, Iotova V et al. Process evaluation design and tools used in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev*. 2014 Aug;15 Suppl S3:74-80. doi: 10.1111/obr.12185.

In which week did you deliver (either directly yourself or via the child) the Poster for Drinking Behaviour to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 1	<input type="checkbox"/> In week 2	<input type="checkbox"/> In week 3	<input type="checkbox"/> In week 4
Estimate the number of parents to whom you directly delivered intervention materials. If you did					
Estimate the number of parents for whom you spent time to explain the purpose of the material and encourage them to follow the recommendations of the material					

Teachers' feedback on the material delivered in the 1st month: Drinking Behaviour

	Totally Disagree	Disagree	Neither disagree nor agree	Agree	Totally Agree
All planned activities were performed					
It was easy to read and understand the text in the Teacher's General Guide					
It was easy to read and understand the text in the Classroom Activity Guide for Drinking					
The amount of information in the Teacher's General Guide was appropriate					
The amount of information and activities in the Classroom Activity Guide for Drinking were appropriate					
It was easy to implement the activities described in the Classroom Activity Guide for Drinking					
I enjoyed the activities I delivered this month					
The activities I delivered this month were enjoyed by children					
The information presented in the Classroom Activity Guide for Drinking, the content of the material and the way that activities should be delivered are appropriate to achieve the goals					

How much extra time (outside classroom, e.g. reading, preparing, talking to parents etc.) on average per week for this month did you devote to the ToyBox programme?

Regarding the implementation of the Classroom Activities for Drinking Behaviour

1) Which factors made it easier for you to deliver this part of the intervention?

2) Which factors made it difficult for you to deliver this part of the intervention?

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Please describe any additional activities related to drinking water and healthy eating & snacking (i.e. activities not included in ToyBox material) you implemented this month, if you did any.

Do you have any suggestions for improvements regarding the Drinking Behaviour?

Did you have any extra costs related to the programme? (e.g. watercups, play materials etc.) If so, what costs and how much?

Comments

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2 nd month: Kindergarten Environment					
	Always	Often	Sometimes	Not often	Never
Was Drinking Station or water available for children in the class every day of the week?					
Was equipment and space appropriately arranged for PE classes every day of the week?					
Was the Magic Snack Plate available at scheduled times according to the time plan?					
Was classroom appropriately arranged for movement breaks every day of the week?					
2 nd month: Children performing the Drinking, Snacking and Physical Activity Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you regularly remind children to drink water?					
Did you remind children to drink water after they have been active?					
Did you remind children to bring healthy snacks from home (or remind to the catering service/restaurant to provide healthy snacks to children)					
Did you ensure every day that children do break for morning snack at a set time?					
Did you ensure every day that children do break for afternoon snack (if applicable) at a set time?					
How much time did you devote on PE classes on an average weekly basis for this month?	Average weekly minutes:				
2 nd month: Classroom Activities for the Physical Activity Behaviour					
	Always	Often	Sometimes	Not often	Never
Did you implement the classroom activities as described in the manual?					
Did you devote on average at least one hour per week in the classroom activities as described in the manual?					
Which Classroom Activity(ies) regarding Physical Activity did you implement?	Little Kangaroo Stories: 1 2 3 4 Excursions: 1 2 3 4				
In which week did you deliver (either directly yourself or via the child) the 1st Physical Activity Behaviour Newsletter to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 5	<input type="checkbox"/> In week 6	<input type="checkbox"/> In week 7	<input type="checkbox"/> In week 8
In which week did you deliver (either directly yourself or via the child) the 1st Physical Activity Behaviour Tip Card to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 5	<input type="checkbox"/> In week 6	<input type="checkbox"/> In week 7	<input type="checkbox"/> In week 8
In which week did you deliver (either directly yourself or via the child) the Poster for Physical Activity Behaviour to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 5	<input type="checkbox"/> In week 6	<input type="checkbox"/> In week 7	<input type="checkbox"/> In week 8
Estimate the number of parents to whom you directly delivered intervention materials. If you did					

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Estimate the number of parents for whom you spent time to explain the purpose of the material and encourage them to follow the recommendations of the material	
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Teachers' feedback on the material delivered in the 2nd month: Physical Activity Behaviour

	Totally Disagree	Disagree	Neither disagree nor agree	Agree	Totally Agree
All planned activities were performed					
It was easy to read and understand the text in the Classroom Activity Guide for Physical Activity					
The amount of information and activities in the Classroom Activity Guide for Physical Activity were appropriate					
It was easy to implement the activities described in the Classroom Activity Guide for Physical Activity					
I enjoyed the activities I delivered this month					
The activities I delivered this month were enjoyed by children					
The information presented in the Classroom Activity Guide for Physical Activity, the content of the material and the way that activities should be delivered are appropriate to achieve the goals					

How much extra time (outside classroom, e.g. reading, preparing, talking to parents etc.) on average per week for this month did you devote to the ToyBox programme?

Regarding the implementation of the Classroom Activities for Physical Activity Behaviour

- 1) Which factors made it easier for you to deliver this part of the intervention?

- 2) Which factors made it difficult for you to deliver this part of the intervention?

Please describe any additional activities related to drinking water, healthy eating & snacking and physical activity (i.e. activities not included in ToyBox material) you implemented this month, if you did any.

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Do you have any suggestions for improvements regarding the Physical Activity Behaviour?

Did you have any extra costs related to the programme? (e.g. play materials etc.) If so, what costs and how much?

Comments

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3 rd month: Kindergarten Environment					
	Always	Often	Sometimes	Not often	Never
Was Drinking Station or water available for children in the class every day of the week?					
Was equipment and space appropriately arranged for PE classes every day of the week?					
Was the Magic Snack Plate available at scheduled times according to the time plan?					
Was classroom appropriately arranged for movement breaks every day of the week?					
3 rd month: Children performing the Drinking, Physical Activity and Snacking Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you regularly remind children to drink water?					
Did you remind children to drink water after they have been active?					
Did you remind children to bring healthy snacks from home (or remind the catering service/restaurant to provide healthy snacks to children)					
Did you ensure every day that children do break for morning snack at a set time?					
Did you ensure every day that children do break for afternoon snack (if applicable) at a set time?					
How much time did you devote on PE classes on an average weekly basis for this month?	Average weekly minutes:				
3 rd month: Classroom Activities for the Snacking Behaviour					
	Always	Often	Sometimes	Not often	Never
Did you implement the classroom activities as described in the manual?					
Did you devote on average at least one hour per week in the classroom activities as described in the manual?					
Which Classroom Activity(ies) regarding Snacking Behaviour did you implement?	Little Kangaroo Stories: 1.1 1.2 1.3 1.4 1.5 2 3 4 5 6 Sensory perception games around eating: 1 2 3 4 5 6 7 8 Experiments 1 2 Excursions: 1 2 3 4 5 6 7				
In which week did you deliver (either directly yourself or via the child) the 1st Snacking Behaviour Newsletter to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 9	<input type="checkbox"/> In week 10	<input type="checkbox"/> In week 11	<input type="checkbox"/> In week 12
In which week did you deliver (either directly yourself or via the child) the Poster for Snacking Behaviour to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 9	<input type="checkbox"/> In week 10	<input type="checkbox"/> In week 11	<input type="checkbox"/> In week 12
In which week did you deliver (either directly yourself or via the child) the 1st Snacking	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 9	<input type="checkbox"/> In week 10	<input type="checkbox"/> In week 11	<input type="checkbox"/> In week 12

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Behaviour Tip Card to the parents?					
Estimate the number of parents to whom you directly delivered intervention materials. If you did					
Estimate the number of parents for whom you spent time to explain the purpose of the material and encourage them to follow the recommendations of the material					

Teachers' feedback on the material delivered in the 3rd month: Snacking Behaviour

	Totally Disagree	Disagree	Neither disagree nor agree	Agree	Totally Agree
All planned activities were performed					
It was easy to read and understand the text in the Classroom Activity Guide for Snacking					
The amount of information and activities in the Classroom Activity Guide for Snacking was appropriate					
It was easy to implement the activities described in the Classroom Activity Guide for Snacking					
I enjoyed the activities I delivered this month					
The activities I delivered this month were enjoyed by children					
The information presented in the Classroom Activity Guide for Snacking, the content of the material and the way that activities should be delivered are appropriate to achieve the goals					

How much extra time (outside classroom, e.g. reading, preparing, talking to parents etc.) on average per week for this month did you devote to the ToyBox programme?

Regarding the implementation of the Classroom Activities for Snacking Behaviour

1) Which factors made it easier for you to deliver this part of the intervention?

2) Which factors made it difficult for you to deliver this part of the intervention?

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Please describe any additional activities related to drinking water, healthy eating & snacking and physical activity (i.e. activities not included in ToyBox material) you implemented this month, if you did any.

Did you have any extra costs related to the programme? (e.g. magic snack plate etc.) If so, what costs and how much?

Do you have any suggestions for improvements regarding the Snacking Behaviour?

Comments

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4 th month: Kindergarten Environment					
	Always	Often	Sometimes	Not often	Never
Was Drinking Station or water available for children in the class every day of the week?					
Was equipment and space appropriately arranged for PE classes every day of the week?					
Was the Magic Snack Plate available at scheduled times according to the time plan?					
Was classroom appropriately arranged for movement breaks every day of the week?					
4 th month: Children performing the Drinking, Physical Activity, Snacking and Sedentary Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you regularly remind children to drink water?					
Did you remind children to drink water after they have been active?					
Did you remind children to bring healthy snacks from home (or remind the catering service/restaurant to provide healthy snacks to children)					
Did you ensure every day that children do break for morning snack at a set time?					
Did you ensure every day that children do break for afternoon snack (if applicable) at a set time?					
How much time did you devote on PE classes on an average weekly basis for this month?	Average weekly minutes:				
Did you regularly remind children to break-up prolonged time of sitting at least every hour?					
4 th month: Classroom Activities for the Sedentary Behaviour					
	Always	Often	Sometimes	Not often	Never
Did you implement the classroom activities as described in the manual?					
Did you devote on average at least one hour per week in the classroom activities as described in the manual?					
Which Classroom Activity(ies) regarding Sedentary Behaviour did you implement?	Little Kangaroo Stories: 1 2 3 Longer Movement Breaks: 1 2 3 4 Classroom Activities: 5 6 7 8 9 10 11 12 Movement corners: 1 2 3 4 5 6 7 8 9 10 11				
In which week did you deliver (either directly yourself or via the child) the 1st Sedentary Behaviour Newsletter to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 13	<input type="checkbox"/> In week 14	<input type="checkbox"/> In week 15	<input type="checkbox"/> In week 16
In which week did you deliver (either directly yourself or via the child) the 1st Sedentary Behaviour Tip Card to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 13	<input type="checkbox"/> In week 14	<input type="checkbox"/> In week 15	<input type="checkbox"/> In week 16
In which week did you deliver (either directly yourself or via the child) the Poster for Sedentary Behaviour to the	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 13	<input type="checkbox"/> In week 14	<input type="checkbox"/> In week 15	<input type="checkbox"/> In week 16

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parents?					
Estimate the number of parents to whom you directly delivered intervention materials. If you did					
Estimate the number of parents for whom you spent time to explain the purpose of the material and encourage them to follow the recommendations of the material					

Teachers' feedback on the material delivered in the 4th month: Sedentary Behaviour

	Totally Disagree	Disagree	Neither disagree nor agree	Agree	Totally Agree
All planned activities were performed					
It was easy to read and understand the text in the Classroom Activity Guide for Sedentary Behaviour					
The amount of information and activities in the Classroom Activity Guide for Sedentary Behaviour was appropriate					
It was easy to implement the activities described in the Classroom Activity Guide for Sedentary Behaviour					
I enjoyed the activities I delivered this month					
The activities I delivered this month were enjoyed by children					
The information presented in the Classroom Activity Guide for Sedentary Behaviour, the content of the material and the way that activities should be delivered are appropriate to achieve the goals					

How much extra time (outside classroom, e.g. reading, preparing, talking to parents etc.) on average per week for this month did you devote to the ToyBox programme?

Regarding the implementation of the Classroom Activities for Sedentary Behaviour

1) Which factors made it easier for you to deliver this part of the intervention?

2) Which factors made it difficult for you to deliver this part of the intervention?

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Please describe any additional activities related to drinking water, healthy eating & snacking, physical activity and sedentary behaviour (i.e. activities not included in ToyBox material) you implemented this month, if you did any.

Do you have any suggestions for improvements regarding the Sedentary Behaviour?

Did you have any extra costs related to the programme? (e.g. play materials etc.) If so, what costs and how much?

Comments

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5 th month: Kindergarten Environment					
	Always	Often	Sometimes	Not often	Never
Was Drinking Station or water available for children in the class every day of the week?					
Was equipment and space appropriately arranged for PE classes every day of the week?					
Was the Magic Snack Plate available at scheduled times according to the time plan?					
Was classroom appropriately arranged for movement breaks every day of the week?					
5 th month: Children performing the Drinking, Physical Activity, Snacking and Sedentary Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you regularly remind children to drink water?					
Did you remind children to drink water after they have been active?					
Did you remind children to bring healthy snacks from home (or remind the catering service/restaurant to provide healthy snacks to children)					
Did you ensure every day that children do break for morning snack at a set time?					
Did you ensure every day that children do break for afternoon snack (if applicable) at a set time?					
How much time did you devote on PE classes on an average weekly basis for this month?	Average weekly minutes:				
Did you regularly remind children to break-up prolonged time of sitting at least every hour?					
5 th month: Classroom Activities for Drinking and Physical Activity Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you implement the classroom activities as described in the manual?					
Did you devote on average at least one hour per week in the classroom activities as described in the manual?					
Which Classroom Activity(ies) regarding Drinking Behaviour and Physical Activity did you implement?	Drinking Behaviour: Little Kangaroo Stories: 1 2 3 Sensory perception games around drinking: 1 2 3 Experiments: 1 2 Excursions: 1 2 3 Physical Activity: Little Kangaroo Stories: 1 2 3 4 Excursions: 1 2 3 4				
In which week did you deliver (either directly yourself or via the child) the 2 nd Drinking Behaviour Newsletter to the parents ?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 17	<input type="checkbox"/> In week 18		
In which week did you deliver (either directly yourself or via the child) the 2 nd Drinking Behaviour Tip Card to the parents ?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 17	<input type="checkbox"/> In week 18		

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In which week did you deliver (either directly yourself or via the child) the 2nd Physical Activity Behaviour Newsletter to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 19	<input type="checkbox"/> In week 20
In which week did you deliver (either directly yourself or via the child) the 2nd Physical Activity Behaviour Tip Card to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 19	<input type="checkbox"/> In week 20
Estimate the number of parents to whom you directly delivered intervention materials. If you did			
Estimate the number of parents for whom you spent time to explain the purpose of the material and encourage them to follow the recommendations of the material			

Teachers' feedback on the material delivered in the 5th month: Drinking and Physical Activity Behaviours

	Totally Disagree	Disagree	Neither disagree nor agree	Agree	Totally Agree
All planned activities were performed					
It was easy to implement the activities described in the Classroom Activity Guide for Drinking					
It was easy to implement the activities described in the Classroom Activity Guide for Physical Activity					
I enjoyed the activities I delivered this month					
The activities I delivered this month were enjoyed by children					

How much extra time (outside classroom, e.g. reading, preparing, talking to parents etc.) on average per week for this month did you devote to the ToyBox programme?

Regarding the implementation of the Classroom Activities for Drinking and Physical Activity Behaviour

1) Which factors made it easier for you to deliver this part of the intervention?

a) Drinking Behaviour

b) Physical Activity Behaviour

2) Which factors made it difficult for you to deliver this part of the intervention?

a) Drinking Behaviour

b) Physical Activity Behaviour

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Please describe any additional activities related to drinking water, healthy eating & snacking, physical activity and sedentary behaviour (i.e. activities not included in ToyBox material) you implemented this month, if you did any.

Do you have any suggestions for improvements regarding the Drinking and Physical Activity Behaviour?

a) Drinking Behaviour

b) Physical Activity Behaviour

Did you have any extra costs related to the programme? (e.g. water cups, play materials etc.) If so, what costs and how much?

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1. Manios Y, Androutsos O, Katsarou C et al. Designing and implementing a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev* 2014 Aug;15 Suppl S3:5. doi: 10.1111/obr.12175.
2. Androutsos O, Apostolidou E, Iotova V et al. Process evaluation design and tools used in a kindergarten-based, family-involved intervention to prevent obesity in early childhood. The ToyBox-study. *Obes Rev*. 2014 Aug;15 Suppl S3:74-80. doi: 10.1111/obr.12185.

6 th Month: Kindergarten Environment					
	Always	Often	Sometimes	Not often	Never
Was Drinking Station or water available for children in the class every day of the week?					
Was equipment and space appropriately arranged for PE classes every day of the week?					
Was the Magic Snack Plate available at scheduled times according to the time plan?					
Was classroom appropriately arranged for movement breaks every day of the week?					
6 th Month: Children performing the Drinking, Physical Activity, Snacking and Sedentary Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you regularly remind children to drink water?					
Did you remind children to drink water after they have been active?					
Did you remind children to bring healthy snacks from home (or remind the catering service/restaurant to provide healthy snacks to children)					
Did you ensure every day that children do break for morning snack at a set time?					
Did you ensure every day that children do break for afternoon snack (if applicable) at a set time?					
How much time did you devote on PE classes on an average weekly basis for this month?	Average weekly minutes:				
Did you regularly remind children to break-up prolonged time of sitting at least every hour?					
6 th Month: Classroom Activities for Snacking and Sedentary Behaviours					
	Always	Often	Sometimes	Not often	Never
Did you implement the classroom activities as described in the manual?					
Did you devote on average at least one hour per week in the classroom activities as described in the manual?					
Which Classroom Activity(ies) regarding Snacking and Sedentary Behaviour did you implement?	Snacking Behaviour: Little Kangaroo Stories: 1.1 1.2 1.3 1.4 1.5 2 3 4 5 6 Sensory perception games around eating: 1 2 3 4 5 6 7 8 Experiments 1 2 Excursions: 1 2 3 4 5 6 7 Sedentary Behaviour: Little Kangaroo Stories: 1 2 3 Longer Movement Breaks: 1 2 3 4 Classroom Activities: 5 6 7 8 9 10 11 12 Movement corners 1 2 3 4 5 6 7 8 9 10 11				
In which week did you deliver (either directly yourself or via the child) the 2nd Snacking Behaviour Newsletter to the parents ?	<input type="checkbox"/> Not delivered		<input type="checkbox"/> In week 21		<input type="checkbox"/> In week 22
In which week did you deliver (either directly yourself or via the child) the 2nd Snacking Behaviour Tip Card to the parents ?	<input type="checkbox"/> Not delivered		<input type="checkbox"/> In week 21		<input type="checkbox"/> In week 22
In which week did you deliver (either directly yourself or via the child)	<input type="checkbox"/> Not		<input type="checkbox"/> In week 23		<input type="checkbox"/> In week 24

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the 2 nd Sedentary Behaviour Newsletter to the parents?	delivered		
In which week did you deliver (either directly yourself or via the child) the 2 nd Sedentary Behaviour Tip Card to the parents?	<input type="checkbox"/> Not delivered	<input type="checkbox"/> In week 23	<input type="checkbox"/> In week 24
Estimate the number of parents to whom you directly delivered intervention materials. If you did			
Estimate the number of parents for whom you spent time to explain the purpose of the material and encourage them to follow the recommendations of the material			

Teachers' feedback on the material delivered in the 6th month: Snacking and Sedentary Behaviours

	Totally Disagree	Disagree	Neither disagree nor agree	Agree	Totally Agree
All planned activities were performed					
It was easy to implement the activities described in the Classroom Activity Guide for Snacking					
It was easy to implement the activities described in the Classroom Activity Guide for Sedentary Behaviour					
I enjoyed the activities I delivered this month					
The activities I delivered this month were enjoyed by children					

How much extra time (outside classroom, e.g. reading, preparing, talking to parents etc.) on average per week for this month did you devote to the ToyBox programme?

Regarding the implementation of the Classroom Activities for Snacking and Sedentary Behaviour

1) Which factors made it easier for you to deliver this part of the intervention?

a) Snacking Behaviour

b) Sedentary Behaviour

2) Which factors made it difficult for you to deliver this part of the intervention?

a) Snacking Behaviour

b) Sedentary Behaviour

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Please describe any additional activities related to drinking water, healthy eating & snacking, physical activity and sedentary behaviour (i.e. activities not included in ToyBox material) you implemented this month, if you did any.

Do you have any suggestions for improvements regarding the Snacking and Sedentary Behaviour?

a) Snacking Behaviour

b) Sedentary Behaviour

Did you have any extra costs related to the programme? (e.g. water cups, play materials etc.) If so, what costs and how much?

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