

Suppl 4. Brief survey for parents/ guardians

Where did you attend Go4Fun?

Q1. What three words come to mind when you think of your Go4Fun experience?
(OE)

- 1.
- 2.
- 3.

Q2. Which parts of the programme did you get the most value from?
(OE)

Q3. What were the biggest obstacles to doing the goals? Tick any that apply.
(MR)

a. Weather

b. Cultural reasons

c. Renovation, moving house or being on holiday

d. Illness

e. Lack of motivation

f. Goals were unrealistic

g. Other

Write it here:

Q4. How would you improve the Go4Fun programme?
(OE)

Q5. Did you receive weekly text messages from Go4Fun over the past six months?
(SR)

a. Yes – **Go to Q6.**

b. No – **Go to Q9**

Q6. How motivating were the rewards for doing the goals each week? (SR)	
a. Very motivating	
b. Motivating	
c. Neither motivating nor demotivating	
d. Demotivating	
e. Very demotivating	

Q7. How has the goal setting and rewards component of Go4Fun helped your child or children live a healthier life? Tick any that apply. (MR)	
a. As a family we have a healthier attitude towards food	
b. As a family we eat more fruit and vegetables	
c. I personally have a healthier attitude towards food	
d. My child or children are more active now	
e. I haven't noticed a change in my child's behaviour	
f. I haven't noticed a change in my family's behaviour	

Q8. Would you be happy to participate in a family interview or focus group about Go4Fun? Tick one or both if you'd like and if you provide your contact details Gemma Enright will contact you soon to arrange a time.	
a. I'd like to participate in a family interview	
b. I'd like to participate in a focus group	
My contact details are: Name: _____ Email: _____ Phone: _____	
c. No thank you.	

Q9. Any other comments? Feel free to tell us any other thoughts you have about the programme!

Thank you so much for taking the time to complete the survey!