

**School Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_ **Observer initials:** \_\_\_\_\_  
**Start time:** \_\_\_\_\_ **End time:** \_\_\_\_\_ **Temperature:** \_\_\_\_\_ **Weather:** \_\_\_\_\_  
**Who are you observing? →** **Gender:**  M  F **Grade:** \_\_\_\_\_ **Time to complete survey (minutes):** \_\_\_\_\_  
**Gift card # :** \_\_\_\_\_

- Notes:** in estimating ounces, document the number of sips. In addition, try to estimate the number of ounces consumed. Estimate the starting amount in the container and then the amount left at the end of the lunch period. Or, if the student consumes the entire beverage, use the total # of oz in the beverage as your estimate of amount consumed. There are 8oz in a standard milk carton, 8oz in most juice boxes, 16 – 20 ounces in most soda / Gatorade / juice bottles, 6oz in Capri Sun, and 12oz in a can of soda. You may also be able to see the number of ounces written on the container but try to not interact with the student you are observing.

<b>Beverage</b>	<b>From cafeteria? (Y/N)</b>	<b>Vessel</b> (e.g., cup, carton, opaque bottle, straight from fountain)	<b>Approx. # of sips</b> (tally as you go)	<b>Estimated # of ounces</b> (see notes above)	<b>Notes</b>
<b>Waters</b>					
School tap – water fountain located just outside cafeteria					
Other tap (specify): _____					
Bottled water (specify whether sparkling vs. flat, flavored vs. plain, and if flavored, caloric vs. non-caloric sweeteners and artificial vs. natural flavors)					
<b>Milks</b>					
Plain milk – specify fat %: _____ (e.g., whole, 2%, 1%, skim)					

<b>Beverage</b>	<b>From cafeteria?</b> (Y/N)	<b>Vessel</b> (e.g., cup, carton, opaque bottle, straight from fountain)	<b>Approx. # of sips</b> (tally as you go)	<b>Estimated # of ounces</b> (see notes above)	<b>Notes</b>
Flavored milk (e.g., chocolate) – specify fat %: _____ (e.g., 2%)					
Plain soy, rice or almond milk					
Flavored soy, rice, or almond milk					
Other milk (specify): _____					
<b>100% fruit juice</b>					
<b>Other beverages (list &amp; describe below)</b>					