



Hands Up Survey template

The Your Move 'Hands Up' survey monitors change by asking how students arrived to school **on a regular school day** when you aren't promoting walking, riding, scooting, skating or catching public transport to school as part of a special event day.

We recommend you print pages two and three on this pdf, use this to capture the data, then enter the survey data into our online 'Create Survey' tool.

- To fill it out online, log in and go to the 'Create survey' page.
- Then add in all your classrooms and their recorded results.
- Tick the 'Save as Template' checkbox. This will make filling out your next survey a lot quicker.
- Press 'Submit' and you're done!

It's a good idea to notify teachers about the survey a few days before via staff meetings and bulletins, but don't alert students prior to the day – this would bias the results. A PA reminder on the day can really help support student survey teams in entering the classrooms.

Start and End of Year Hands Up Surveys

The Start of Year and End of Year Hands Up Surveys are a vital way to track your schools progress through the Your Move program. The Start of Year Hands Up Survey data should be collected at the beginning of Term 1 and the End of Year Hands Up Survey data should be collected in Term 4. You'll receive **50 bonus points** when you provide this data.

Please note: the Start of Year and End of Year Hands Up Surveys will automatically be the default survey during Term 1 and Term 4 each year. The first Start of Year and first End of Year Hands Up Survey that you complete during these periods will be the one that counts towards your final results.

Regular Hands Up Surveys

You can also [create a Hands Up Survey](#) anytime during the year to enable you to better track your progress. For these regular Hands Up Surveys, you'll receive a maximum of **20 bonus points** each month that you complete one or more surveys.

For a step-by-step guide with screenshots, see our handy [Hands Up Survey resource](#) page.


See next page for the Hands Up Survey form.



'Hands Up' Travel Survey:

School: _____ Date: _____

How did you get to school today? Hands up if you... (Only put your hand up once)

Class/Year	 Rode a bike, scooter or skated	 Caught the bus or train	 Walked to school	 Came in a car
TOTAL				

