

**Youth Fit For Life - 2007**  
**Audit of After School Counselor Processes**

Date: \_\_\_\_\_ Location: \_\_\_\_\_

Name of person completing audit: \_\_\_\_\_

Name of counselors being audited: \_\_\_\_\_

What is on the curriculum schedule for today: \_\_\_\_\_

**Please score for each area that is to be completed, according to the curriculum schedule.**  
**If an item is not scored, please put an N/A.**

<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Undecided</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>TOTAL SCORE</b>
1	2	3	4	5	/ # Scored

**General:**

1. Sessions started on-time and were well-organized. \_\_\_\_\_
2. "Class rules" were established and consistently enforced. \_\_\_\_\_
3. "Turn taking" opportunities were set. \_\_\_\_\_
4. Exercises and their explanations were kept age-appropriate. \_\_\_\_\_
5. Counselor modeled interest through his/her own participation \_\_\_\_\_
6. Counselor modeled respect. \_\_\_\_\_
7. Session was conducted in an enthusiastic manner. \_\_\_\_\_
8. Counselor emphasized each child's success. \_\_\_\_\_
9. Session was kept positive by refraining from negative words and actions. \_\_\_\_\_
10. Counselor helped to facilitate camaraderie among participants. \_\_\_\_\_
11. Counselor acted quickly and decisively when a dangerous situation arose. \_\_\_\_\_
12. Counselor acted effectively to deal with inappropriate behavior. \_\_\_\_\_
13. Counselor helped every child feel accepted. \_\_\_\_\_
14. Counselor listened respectfully to a child and responded with respect. \_\_\_\_\_

**Strength/Bands:**

15. Strength exercise environment was kept safe. \_\_\_\_\_
16. Strength exercises were arranged for easy access. \_\_\_\_\_
17. Strength exercises were conducted according to guidelines. \_\_\_\_\_

**Cardiovascular/Games:**

18. Cardiovascular exercise environment was kept safe. \_\_\_\_\_
19. Cardiovascular exercises were arranged for easy access. \_\_\_\_\_
20. Cardiovascular exercises were conducted according to guidelines. \_\_\_\_\_
21. Children were kept active during games and were not standing around. \_\_\_\_\_

**Nutrition & Behavioral Skills:**

22. Nutritional activities were conducted according to guidelines. \_\_\_\_\_
23. Behavioral activities were conducted according to guidelines. \_\_\_\_\_
24. Counselors are referring to and using the nutritional posters. \_\_\_\_\_
25. Children are using the behavioral skills workbooks. \_\_\_\_\_