



WALKING TOWARDS WELLNESS

Participant Program Evaluation

Thank you for participating in this feedback process. Your time and effort are appreciated. Please complete this form to let us know your reaction to the program. Your input will help us to evaluate our efforts, and your comments and suggestions will help us plan future programs that meet your needs and interests.

<i>Walking Towards Wellness Program</i>	Date
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Instructions: Please circle the appropriate response after each statement.

Program Content and Materials	Strongly Disagree	Disagree	Agree	Strongly Agree
The program was well organized.	1	2	3	4
I used the Tracking Log.	1	2	3	4
The participant packet will be a useful reference for the future.	1	2	3	4
Orientation Program	Strongly Disagree	Disagree	Agree	Strongly Agree
The Orientation Program was important to start the program.	1	2	3	4
The Program Coordinator encouraged questions and/or discussions during the orientation.	1	2	3	4
General Impressions	Strongly Disagree	Disagree	Agree	Strongly Agree
I will use the knowledge and skills that I acquired as a result of this program.	1	2	3	4
Overall, I am satisfied with this program.	1	2	3	4
I would recommend this program to coworkers.	1	2	3	4
Before the Walking Towards Wellness program, I would rate my level of physical activity as indicated.	Poor	Fair	Good	Excellent
After participation in the Walking Towards Wellness program, I would rate my level of physical activity as indicated.	Poor	Fair	Good	Excellent

The information I found **most useful** was _____

The information I found to be **neither beneficial nor useful** was _____

To **improve** the ***Walking Towards Wellness*** program , I recommend _____

What will I do differently as a result of my participation in the ***Walking Towards Wellness*** program?

How did you hear about the Walking Towards Wellness Program?
 Intranet Program Coordinator
 Word of Mouth Management
 Flyer Other _____

Is there anything else you would like us to know? _____

Optional Information:

Name _____

Department _____ Title _____

Phone number _____ E-mail _____

Thank you for your time!

