



# Take Action! Participant Evaluation



Congratulations on completing all 10 weeks of *Take Action!*. Please complete this evaluation form to help make *Take Action!* even better. Your responses will be kept confidential.

Name: \_\_\_\_\_

Work Phone/E-Mail: \_\_\_\_\_ Team Name: \_\_\_\_\_

1. Number of weeks goal was met or exceeded?

\_\_\_\_\_

2. Participating in *Take Action!*

I would encourage others to participate.

Yes     No     Maybe

I felt good about myself as I participated.

Yes     No     Maybe

I felt positive support to participate.

Yes     No     Maybe

I would participate in *Take Action!* again.

Yes     No     Maybe

3. Benefits from *Take Action!*

- I have more energy
  - I have better control over my weight
  - I am less stressed out
  - I feel better about my body
  - I am more productive at work
  - I have better working relationships with my co-workers
  - I feel better overall
  - I sleep better
  - Other (please specify)
- \_\_\_\_\_

4. Barriers I experienced during *Take Action!*

- I wasn't motivated
- I didn't feel like I could eat enough fruits and vegetables
- Too busy at work
- Too busy at home
- No support from CEO/Management

- No support from my team
  - No support from significant others
  - Fruits and vegetables were hard to get at work
  - I could not attend *Take Action!* activities
  - It was hard to fill out forms and keep track of my fruit and vegetable consumption
  - I could not reach my goal
  - Health problems
  - Other (please specify)
- \_\_\_\_\_

5. What motivated you to reach your goal?

- Drawings and prizes
  - CEO/Management support
  - Team Captain support
  - Co-worker support
  - Family support
  - Take Action!* activities
  - Signing up and making a commitment
  - Tracking my fruit and vegetable consumption
  - Other (please specify)
- \_\_\_\_\_

6. Over the next 6 months, I plan to:

- Eat more fruits and vegetables
- Eat less fruits and vegetables
- Eat the same amount of fruits and vegetables

7. Comments/Suggestions

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thank You! Please return this form to your Team Captain.**