



## Physical Activity—

# 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: \_\_\_\_\_

- Number of weeks goal was met or exceeded?  
\_\_\_\_\_
  - No support from CEO/Management
  - No support from my team
  - No support from significant others
- 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
- 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)  
\_\_\_\_\_
- Barriers I experienced during *Take Action!*
  - I wasn't motivated
  - I didn't feel like I did enough physical activity
  - Bad weather
  - Too busy at work
  - Too busy at home
- 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 physical activity
  - Other (please specify)  
\_\_\_\_\_
- Over the next 6 months, I plan to:
  - Be more physically active
  - Be less physically active
  - Do the same amount of physical activity
- Comments/Suggestions  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.