

Challenge U! Program Evaluation

Put logo here

DIRECTIONS: Please complete and turn into (Enter Name) by (Enter Date). Thank you!

Did you successfully complete all 4 weeks of the Challenge U program?

Yes No

I would participate in the Challenge U program again.

Yes No Maybe

Was the program easy to understand?

Yes No

Was the Weekly Score Sheet easy to fill in?

Yes No

How did you feel about the activities selection list?

Too many options Not enough options Right amount of options

Did you find the weekly email reminders and healthy tips beneficial?

Yes No

Did you feel the program was too time consuming?

Yes No

Do you feel you are more health conscious because of the Challenge U program?

Yes No

I found Challenge U to be (circle one):

- a. Not challenging enough for me.
- b. The right level of challenge for me.
- c. Too challenging for me.

I experienced the following benefits from participating:

- I have more energy
- I have better control over my weight
- I am less stressed
- I feel better about my body
- I am more productive at work
- I have a better working relationship with my co-workers
- I feel better overall
- I sleep better
- I have lowered my blood pressure
- Other: _____

Please turn over and complete other side!

I experienced the following barriers while participating:

- | | |
|--|--|
| <input type="checkbox"/> I was not motivated | <input type="checkbox"/> Too busy at home |
| <input type="checkbox"/> Health problems | <input type="checkbox"/> No support from my family |
| <input type="checkbox"/> Too busy at work | <input type="checkbox"/> Other: _____ |

Over the next 6 months I plan to:

Please check one

- Be more physically active
- Less physically active
- Do the same amount of physical activity

Please check one

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

Please check one

- Reduce stress levels
- Continue to be stressed
- Maintain stress levels

The one thing I liked best about the program was:

The one thing I liked least about the program was:

What improvements would you recommend be done to the program?

Comments / Suggestions

Thank you for taking the time to complete this evaluation. This evaluation will be used for the development of future health focused programs.