

EMPLOYEE EVALUATION

You recently participated in the Real Food Challenge. Please complete this evaluation form in order to help us create the best possible wellness programs/activities. Thank you!

Please indicate your level of agreement on the following scale:

1= Strongly Disagree 2= Somewhat Disagree 3= Agree 4= Strongly Agree

- | | | | | |
|---|---|---|---|---|
| 1. Participation in this activity provided me with new knowledge about healthy lifestyle behaviors. | 1 | 2 | 3 | 4 |
| 2. This activity has influenced me to make healthier lifestyle choices. | 1 | 2 | 3 | 4 |
| 3. I would like to participate in similar activities in the future. | 1 | 2 | 3 | 4 |
| 4. I would recommend this activity to my co-workers. | 1 | 2 | 3 | 4 |

5. The best/most helpful part of this activity was _____

6. This activity could be improved by _____

7. I heard about this wellness challenge from: (check all that apply)

- Posters/ Fliers
- Co-worker
- E-mail Announcement
- Website
- Staff newsletter
- Other

REAL FOOD
CHALLENGE 