

EMPLOYEE EVALUATION

You recently participated in the *Water You Waiting For? 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

