

# Pedometer Challenge Evaluation



In order to plan programs that will meet your needs, the following information and feedback is important for us:

Gender:       Male                       Female

1. Overall, how would you rate the Pedometer Challenge experience?



Excellent



Good



Satisfactory



Poor

2. Did the Pedometer Challenge motivate you to be more physically active?

Yes               No               Unsure

3. Prior to the Pedometer Challenge, how often did you spend at least 30 minutes being physically active?

- Never
- Less than once a week
- 1 or 2 times a week
- 3 to 5 times a week
- More than 5 times a week

4. What I enjoyed most about the Pedometer Challenge:

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5. Suggestions to improve the Pedometer Challenge:

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6. After the Pedometer Challenge, do you plan to continue being active for at least 30 minutes a day?

Yes               No               Unsure

7. Additional comments:

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Thank you for your participation!

