Serve Up a Healthier You – Employee Survey

Please respond to the following questions by filling in the circles
Please fill in like this: ●
Not like this ☒

Please rate how interested you are in the following.
1 = Little or no interest, 2 = Some interest, 3 = Very interested

Learning how to make healthy food choices
Learning how to read food labels and identify serving sizes
Learning how to plan and prepare healthy meals
Learning about the benefits of physical activity
Learning about strategies to increase my physical activity
Increasing how physically active I am
Walking to increase my activity
Learning ways to cope with feelings of stress
Learning time management skills
Receiving information about quitting tobacco use
Participating in a program to help you quit smoking or using tobacco
Having healthy food and beverage choices available at work
Including a stretch break or activity during meetings or training
Participating in wellness activities before work
Participating in wellness activities during lunch breaks or other breaks
Participating in wellness activities after work
Participating as part of a group to learn more about wellness
Receiving wellness information that I can read, listen to, or watch on my own
Participating in wellness activities with a buddy or group
Doing wellness activities on my own
Participating in a friendly wellness competition
Having access to incentives or motivational wellness tools

What other wellness information, activities or resources would be of interest or helpful to you?