Serve Up a Healthier You – Wellness Activity Evaluation

Please complete this evaluation to help in creating the best possible wellness activities for our Child Nutrition Program and you.

In which wellness activity did you participate?


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

Please rate your agreement with the following.

1 = Strongly disagree, 2 = Somewhat disagree, 3 = Agree, 4 = Strongly agree, 5 = Not sure

Participating in this activity provided me with new knowledge about healthy lifestyle behaviors.  
1  2  3  4  5

This activity has influenced me to make healthier lifestyle choices.  
1  2  3  4  5

I would like to participate in similar activities in the future.  
1  2  3  4  5

I would recommend this activity to my co-workers.  
1  2  3  4  5

The most helpful part of this activity was...


This activity could be improved by...


For future wellness activities, I am interested in the following: (check all that apply)

O Eating smart  O Quitting tobacco
O Moving more  O Managing stress
O Other

If other, please explain:

