

Sample Take 5 Activity Evaluation form



Name:


Date:


Thank you for participating in this activity and we hope you found it useful. We would welcome your feedback and we would ask that you take a few minutes to complete this form and leave it with us. Thank you.


1. How would you rate your understanding of the Take 5 messages BEFORE and AFTER the activity?


1 is a low level and 5 is a high level of understanding (please circle)


Before						After					
Connect	1	2	3	4	5	Connect	1	2	3	4	5
Keep learning	1	2	3	4	5	Keep learning	1	2	3	4	5
Be active	1	2	3	4	5	Be active	1	2	3	4	5
Take notice	1	2	3	4	5	Take notice	1	2	3	4	5
Give	1	2	3	4	5	Give	1	2	3	4	5

 **2. During the activity did you connect with others? (please circle)**
 Please Comment: Yes No

 **3. Did you learn anything new? (please circle)**
 Please Comment: Yes No

 **4. During the activity were you more physically active? (please circle)**
 Please Comment: Yes No

 **5. Has the activity raised your awareness of your needs and others around you? (please circle)**
 Please Comment: Yes No

 **6. As a result of this activity are you more likely to give your time to others? (please circle)**
 Please Comment: Yes No

7. As a result of the activity how likely are you to use the Take 5 messages in your everyday life?

1 is a low level and 5 is a high level of likelihood *(please circle)*

1 2 3 4 5

Please Comment:

8. Please tell us what was most useful to you

9. Please tell us what was least useful to you

10. Please tell us any suggestions you have that would improve the experience

11. Have you any other comments?

Thank you for taking the time to complete this evaluation.