

# 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**

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

**After**

Connect	1	2	3	4	5
Keep learning	1	2	3	4	5
Be active	1	2	3	4	5
Take notice	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.**