

PROGRAM EVALUATION

Date:					
Thank you for agreeing to take part in this important survey measuring customer satisfaction for the WorkStrong Program. This survey should only take 4-5 minutes to complete. Be assured that all answers you provide will be kept in the strictest confidentiality.					
1. Please rate your level of satisfaction in the following categories (only rate the services you					
used):					
	Very Satisfied	Satisfied	Neither Satisfied nor Dissatisfied	Dissatisfied	Very Dissatisfied
Overall Satisfaction with the WorkStrong Program WorkStrong Coordinator					
WorkStrong Personal Trainer WorkStrong Fitness Training Sessions					
WorkStrong Dietitian					
Easy Nutrition Workshop					
WorkStrong Psychologist					
Survival Skills Workshop					
WorkStrong Massage Therapist					
Massage Therapy Sessions					
Facilities					
Ease of Scheduling					
2.Did the program increase your knowledge or improve your skills?					
	Yes		No		
3. How prepared do you feel to continue with your own training routines based on material you were presented during your training?					
	Not at all		Prepared		Very prepared
4. What was the most valuable aspect of the program?					

5. Did you experience a change, in any of the following, as a result of participating in the program? (Check all that apply) Improved Nutritional Weight Loss Habits Better Ability to Manage Reduced Injuries Stress Increased Exercise Better Work/Life Balance Frequency Improved Health Measures Increased Mental (i.e. blood pressure, Alertness/Capacity cholesterol, glucose, body composition, etc.) Improved Career Met Personal Wellness Satisfaction Goal(s) Other: Please specify _____ Increased Productivity 6. What aspects of the program do you feel could be improved or built upon? 7. What are three of the most important things that you have learned through the WorkStrong program? 8. Please write any comments you may have about your experience here. 9. If you have a testimonial about the program that you would like to share or have published, please write it down here or you can also email it directly to the WorkStrong Coordinator (use the back if you need more space).