



# The Women's Wellness Program

2019 Evaluation Form

Please complete this form and return it at the final KETO Wellness workshop on Tuesday, Nov 19, 2019.

Your honest feedback will help us improve the program for the future!

Overall Course	Strongly Agree	Agree	Disagree	Strongly Disagree	No Opinion
The course met my expectations					
The level of the content was appropriate					
The amount of content was appropriate					
The course was worth my time					
The course was worth my money					
The course was enjoyable					
The course materials helped me make positive changes in my life					
The private consultations were an important part of this program					
I would recommend this course to others					
I would consider taking this course again					

Delivery of Content	Strongly Agree	Agree	Disagree	Strongly Disagree	No Opinion
The instructor demonstrated adequate knowledge on the subjects					
The instructor showed enthusiasm and passion on the subjects					
The instructor addressed questions and concerns from the participants appropriately					
The online portal was useful					
The venue was appropriate					
The workshops were appropriately spaced apart.					
The communication between workshops was adequate					

General Feedback	
What habit(s) do you think you will continue after the Wellness Program?	
What module(s) provided the most value to you?	
What was your least favorite module(s) and why?	
Is there a module that you wish you could have obtained more information and spent more time on?	
What is one thing you don't think should change about this program?	
If you could change one or more things about this program, what would it be?	
Would you be willing to leave a testimonial about your experience that may be used for future promotional materials?	
Is there anything else you would like to add?	

TABLE 1