

BRIACHUA MERA @mail.

Survey

A Healthier Happier Me

Thank you for attending our event! Your feedback helps us improve and continue making a positive impact in the community. Please take a few moments to share your thoughts and experiences—your input is truly appreciated!

1. What is your age group?

- Under 18 18-24 25-34 35-44 44+

2. What is your gender?

- Male Female Non-binary Prefer not to say

3. Do you attend school?

- High School College N/A

4. What is your ethnicity?

black

5. How often do you work out?

- Everyday Often Not at all

6. What type of physical activities do you participate in?

- Walking Running Sports Gym Workouts Other

7. Do you face any barriers to engaging in regular physical activities?

- Lack of time Lack of motivation Health issues

8. How many sugary beverages do you consume per week?

- 0-1 2-3 4-6 7 or more

9. How often do you eat fruit?

- Never 1-2 3-4 5 or more

10. What challenges do you face when trying to eat healthy?

- Cost of healthy Time to prepare meals Lack of knowledge

11. A common reason for you to skip a meal?

- Not enough time No food at home Save money

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Asian

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- High School College N/A *Already graduated*

4. What is your ethnicity?

Black Nigerian

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African American

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SURVEY

1. On a Scale of 1-10 (1= Waste of my time; 10 - I enjoyed it); how would you rate this workshop? 10

2. Please rank which segment of the workshop you enjoyed the most. 1 = Favorite; 4 = least favorite 1 *My favorite part was making a stress ball*

- 4 Emotional Health
- 3 Positive Mindset
- 2 Stress
- 3 Fitness

3. Please rank the activities. 1 = favorite. Please cross out any activities that we didn't complete.

- Emotional Health True or False Game
- Two Truths, A Surprise and A Compliment
- Stress Ball
- Breathwork
- Functional Five Shuffle
- Physical Fitness Circuit

COMMENTS: How would you improve this seminar?

F

SURVEY

1. On a Scale of 1-10 (1= Waste of my time; 10 - I enjoyed it); how would you rate this workshop?

8.5

2. Please rank which segment of the workshop you enjoyed the most. 1 = Favorite; 4 = least favorite

- 2 Emotional Health
2 Positive Mindset
2 Stress
1 Fitness

3. Please rank the activities. 1 = favorite. Please cross out any activities that we didn't complete.

- 1 Emotional Health True or False Game
1 Two Truths, A Surprise and A Compliment
1 Stress Ball
1 Breathwork
~~2 Functional Five Shuffle~~
1 Physical Fitness Circuit

COMMENTS: How would you improve this seminar?

NO COMMENTS.

SURVEY

1. On a Scale of 1-10 (1= Waste of my time; 10 - I enjoyed it); how would you rate this workshop? 10/10 it was fun even though I knew almost everything you talked about so. ~~so~~

2. Please rank which segment of the workshop you enjoyed the most. 1 = Favorite; 4 = least favorite

1 Emotional Health

1 Positive Mindset

1 Stress

1 Fitness

3. Please rank the activities. 1 = favorite. Please cross out any activities that we didn't complete.

1 Emotional Health True or False Game

1 Two Truths, A Surprise and A Compliment

1 Stress Ball

1 Breathwork

 Functional Five Shuffle ?

1 Physical Fitness Circuit

COMMENTS: How would you improve this seminar?

I loved this it was fun and interactive and I love that because its extremely hard for me to pay attention and I love of that you made me feel part of it. It was fun.