



## Pre-Course Form

This form is designed to help Living Smart facilitators design the course, evaluate its effectiveness and plan for future courses.

<b>Name:</b>	
<b>Suburb:</b>	

<b>Do you have any concerns for the future? If so, what are they?</b>

<b>Where did you first hear about the Living Smart program? What caught your initial attention in the publicity material for the course?</b>

<b>A little bit of information about you (please circle):</b>						
<b>Gender</b>	<b>Male</b>	<b>Female</b>				
<b>Age Group</b>	<b>&lt;18</b>	<b>18-24</b>	<b>25-34</b>	<b>35-49</b>	<b>50-64</b>	<b>65 +</b>

<b>How comfortable are you in talking in front of (1 = not at all comfortable 10 = very comfortable):</b>											
<b>A small group of 5-6 people</b>	1	2	3	4	5	6	7	8	9	10	
<b>A large group of 20 or more people</b>	1	2	3	4	5	6	7	8	9	10	

<b>What is your current form of home ownership?</b>		
<b>Renting</b>	<b>Own home</b>	<b>Other:</b>

<b>Education (formal and life!)</b>

<b>Skills and interests?</b>

<b>How are you transporting yourself to the Course?</b>	
<b>Would you be willing to car pool?</b>	
<b>How many people fit in your car?</b>	

<b>Is there anything else you would like us to know?</b>

Please help us to tailor the course by sharing how sustainable/ eco you feel your life is in the following areas. Please score each one and add a comment on your strengths or interest in each area.

Please Circle

1 = not at all sustainable

10 = Very sustainable

<b>Living Simply</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Waste</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Gardening for Biodiversity</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Gardening for Food Production</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Water</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Power</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Transportation</b>	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Healthy home</b> (cleaning, air, dust, mould, personal care products, reducing VOCs)	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Healthy You</b> (diet, exercise, ways to unwind and relax, mindfulness practices)	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

<b>Community</b> (knowledge of local resources, feel part of local community, involvement, able to make a difference)	1	2	3	4	5	6	7	8	9	10
<b>Comments</b>										

Thank you for your time!