**Nutrition and Physical Activity Education Training Feedback Form**

**Today’s Date: \_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Training Feedback Form:** | **Strongly Agree** | **Agree** | **Disagree** | **Strongly Disagree** |
| This training covered useful information | **□** | **□** | **□** | **□** |
| I am confident that I understand physical activity and exercise and or cooking, eating, or shopping healthy covered at this event | **□** | **□** | **□** | **□** |
| I am confident that I can modify a recipe to make it healthy because of this event | **□** | **□** | **□** | **□** |
| The training activities were helpful | **□** | **□** | **□** | **□** |
| The instructor made the information easy to understand | **□** | **□** | **□** | **□** |

|  |  |
| --- | --- |
| **Demographic Information** | Are you Hispanic or Latino (circle one)? Yes or No |
| Circle which group best represents you?  |  Hispanic or Latino African American/Black American Indian/Indigenous Alaskan |
|  White Asian Indigenous Hawaiian/Other Pacific Islander Other: \_\_\_\_\_\_\_\_\_\_\_  |
| What is your age (circle one group)? < 18 18-26 27-35 36-44 45-59 ≥ 60 |

Which topic(s) was most useful to you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

My suggestions to help improve this training, class, demonstration, or event are:

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