

EVALUATION

The training was relevant

1 2 3 4 5 6 7 8 9 10
Low value Some value High value

The training showed me how to increase my available strength

1 2 3 4 5 6 7 8 9 10
Low value Some value High value

The training improved my ability to decrease stress and strain on my body

1 2 3 4 5 6 7 8 9 10
Low value Some value High value

I'm confident I can use this information at work

1 2 3 4 5 6 7 8 9 10
Low value Some value High value

What I liked best about the training:

Suggestions to make the training more relevant:

What I intend to use at work or at home:

Other comments:

Name (optional):

Share your thoughts on MoveSMART[®] training on our Facebook page: www.facebook.com/MoveSMART