

Post-Employee Survey – Walking

Thank you for taking the employee walking survey. Please circle the answer you prefer.

1. As a result of this walking program, did you increase the amount of time you spend walking each week?
 - a. Yes
 - b. No
 - c. Not sure/don't know

2. Do you feel like you have accomplished your walking goal(s)?
 - a. Yes
 - b. No
 - c. Not sure/don't know

3. Please identify the benefits you received from the walking program (Check all that apply.)
 - a. Increased energy
 - b. Weight loss
 - c. Reduced stress
 - d. Reduced blood pressure
 - e. No benefits observed
 - f. Other (Write in answer):

4. Now that the program has ended, do you plan to continue your level of walking?
 - a. Yes
 - b. No
 - c. Not sure/don't know