

# Walk With Ease Post-Program Evaluation Form

Your Name: \_\_\_\_\_

1. In general, would you say that your health is:

- Excellent       Very good       Good       Fair       Poor

2. How confident are you in managing your arthritis symptoms? (Circle one number)

Not at all confident

Very confident

\_\_\_\_\_

0      1      2      3      4      5      6      7      8      9      10

3. How many days during the week do you go for a walk/s?

- |                         |                         |
|-------------------------|-------------------------|
| <input type="radio"/> 0 | <input type="radio"/> 4 |
| <input type="radio"/> 1 | <input type="radio"/> 5 |
| <input type="radio"/> 2 | <input type="radio"/> 6 |
| <input type="radio"/> 3 | <input type="radio"/> 7 |

4. On average, how many minutes do you walk on each of those days? \_\_\_\_\_

5. Would you recommend WWE to a friend?

- Yes       No

6. Do you have any additional comments or suggestions?

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For the following set of questions, please circle the number that corresponds to your answer:

	<b>Very Well</b>	<b>Fairly Well</b>	<b>A Little</b>	<b>Not at all</b>
7. To what extent did you learn basic information about arthritis?	3	2	1	0
8. To what extent did you increase your understanding of the rationale and principles of exercise for people with arthritis?	3	2	1	0
9. To what extent did you increase your knowledge about walking in a safe and comfortable manner?	3	2	1	0
10. To what extent do you feel knowledgeable about how to do warm-up and cool-down exercises before and after walking?	3	2	1	0
11. To what extent were the problem solving strategies useful to you?	3	2	1	0
12. To what extent were the self-test tools useful to you?	3	2	1	0
13. To what extent were the contract and walking diary tool useful to you?	3	2	1	0
14. To what extent are you happy with the length of the program?	3	2	1	0
15. To what extent did Walk With Ease fulfill your expectations?	3	2	1	0
16. Overall, to what extent are you satisfied with the program?	3	2	1	0

Thank you!