

## Fitness Made Simple Post-Survey

**This survey is anonymous. Your answers will help improve our programs. Thank you.**

To help us pair your responses please provide us with your initials \_\_\_\_\_ and year of birth \_\_\_\_\_

**Please select the level of agreement that aligns with your current perceptions.**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I am confident in my ability to maintain or improve my health.					
I would rate my physical fitness as good or very good.					
I have a desire to be physically active daily.					
I engage in muscle-strengthening activities at least 2 days per week.					
I am satisfied with my current physical abilities.					
I am confident in my physical abilities.					
Fitness Made Simple improved my strength.					
Fitness Made Simple improved my balance.					
Fitness Made Simple improved my physical health.					

I engage in 1 hour & 15 minutes per week of moderate (similar to brisk walking or biking) and/or vigorous exercise (large increase in heart rate and breathing like from jogging/running/jumping rope).

Never
  Sometimes
  Always

Would you like to see hand weights, balls, bands, and chairs continue to be used in future Fitness Made Simple classes?

Yes  
 No

Please explain why you responded either yes or no to the previous question.

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**Please select the level of agreement that aligns with your current perceptions.**

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Using hand weights enhanced my fitness class experience.					
Using resistance bands enhanced my fitness class experience.					
Using an exercise ball enhanced my fitness class experience.					
I experienced benefits from incorporating hand weights into the fitness class.					
I experienced benefits from incorporating resistance bands into the fitness class.					
I experienced benefits from incorporating an exercise ball into the fitness class					
I felt comfortable and safe when using hand weights during each fitness class.					
I felt comfortable and safe when using resistance bands during each fitness class.					
I felt comfortable and safe when using an exercise ball during each fitness class.					

**Instructions:** Please provide us with feedback about your experience.

**On a scale of 1-5 (with 5 being the best), how would you rate your experience with Fitness Made Simple?**

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**What is one thing you learned from Fitness Made Simple that you plan to continue now that the class is ending?**

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