

# Fit and Strong! Participant Program Evaluation

*\*Administer during the last session\**

State: \_\_\_\_\_

Provider: \_\_\_\_\_

Site: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

Please complete this survey to help us evaluate the Fit and Strong exercise class that you have participated in. All information is confidential and you do not need to sign your name.

The following statements focus on various aspects of Fit and Strong!. Please circle the number that best reflects your agreement with each statement listed below.

	<b>Strongly <u>Disagree</u></b>	<b><u>Disagree</u></b>	<b><u>Agree</u></b>	<b>Strongly <u>Agree</u></b>
<b><i>ENVIRONMENT</i></b>				
1. The time Fit and Strong! was held was convenient .....	1	2	3	4
2. There was enough space for everyone to move around when doing the exercises .....	1	2	3	4
3. The equipment was available and adequate.....	1	2	3	4

4. Do you have any comments/ complaints about the Fit and Strong! setting?

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	<b>Strongly <u>Disagree</u></b>	<b><u>Disagree</u></b>	<b><u>Agree</u></b>	<b>Strongly <u>Agree</u></b>
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***INSTRUCTOR***

- |  |   |   |   |   |
|--|---|---|---|---|
| 5. The instructor was enthusiastic and friendly.....                             | 1 | 2 | 3 | 4 |
| 6. The instructor helped me adapt the exercises to fit my level of ability ..... | 1 | 2 | 3 | 4 |
| 7. The instructor clearly explained how to do the exercises.....                 | 1 | 2 | 3 | 4 |

8. What suggestions do you have for the instructor to improve the class?

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	<b>Strongly <u>Disagree</u></b>	<b><u>Disagree</u></b>	<b><u>Agree</u></b>	<b>Strongly <u>Agree</u></b>
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***EXERCISE PROGRAM***

- |  |   |   |   |   |
|--|---|---|---|---|
| 9. The exercises were too hard given my level of arthritis.....  | 1 | 2 | 3 | 4 |
| 10. The exercises progressed at an appropriate pace for me ..... | 1 | 2 | 3 | 4 |
| 11. The exercise routines were fun to do .....                   | 1 | 2 | 3 | 4 |

12. How can we improve the exercise routines (for example, other aerobic activities, how the class was conducted, or music suggestions)?

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**Strongly**  
**Disagree**      **Disagree**      **Agree**      **Strongly**  
**Agree**

***FIT AND STRONG! MANUAL***

- |  |   |   |   |   |
|--|---|---|---|---|
| 13. The Fit and Strong! manual overall was clearly written and understandable .....                                | 1 | 2 | 3 | 4 |
| 14. The exercise descriptions were clearly written and explained how to do the exercises appropriately.....        | 1 | 2 | 3 | 4 |
| 15. The Fit and Strong! manual had new information that I did not know before taking the class .....               | 1 | 2 | 3 | 4 |
| 16. How can we improve the format of the Fit and Strong! manual (for example, font, pictures, overall appearance)? |   |   |   |   |

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**Strongly**  
**Disagree**      **Disagree**      **Agree**      **Strongly**  
**Agree**

***GROUP DISCUSSION/ PROBLEM SOLVING***

- |   |   |   |   |   |
|---|---|---|---|---|
| 17. I have used information I learned during the discussions.....   | 1 | 2 | 3 | 4 |
| 18. The health topics helped me understand my arthritis.....  | 1 | 2 | 3 | 4 |
| 19. Participation in group discussions helped motivate me to continue with Fit and Strong! exercises..... | 1 | 2 | 3 | 4 |
| 20. The group discussion helped me understand how exercise can improve my life and arthritis .....        | 1 | 2 | 3 | 4 |
| 21. I was comfortable contributing during the group discussions....                                       | 1 | 2 | 3 | 4 |

22. How can we improve the group discussion sessions? Are there certain health topics that you would like more information about?

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	<b><u>Strongly Disagree</u></b>	<b><u>Disagree</u></b>	<b><u>Agree</u></b>	<b><u>Strongly Agree</u></b>
<b><i>ADDITIONAL COMMENTS</i></b>				
23. I can do the Fit and Strong! exercises on my own.....	1	2	3	4
24. I plan to continue doing the Fit and Strong! exercises on my own.....	1	2	3	4
25. I plan to engage in other physical activity on my own .....	1	2	3	4
26. I would recommend Fit and Strong! to my friends or family members .....	1	2	3	4

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Fit and Strong! sessions have different activities (stretching, strengthening, aerobic exercise, and health education). For the statements below, please circle the number that best represents how helpful these activities were in improving your overall health.

	<b><u>Not Helpful At All</u></b>				<b><u>Very Helpful</u></b>
<b><i>PROGRAM ACTIVITIES</i></b>					
27. Stretching/Flexibility Exercise.....	1	2	3	4	5
28. Aerobic Exercises:					
28a. Warm-ups.....	1	2	3	4	5
28b. Aerobic walking .....	1	2	3	4	5
28c. Other aerobic activities .....	1	2	3	4	5

	<b><u>Not Helpful At All</u></b>				<b><u>Very Helpful</u></b>
29. Strength Training Exercises:					
29a. Exercise bands.....	1	2	3	4	5
29b. Ankle cuff weights .....	1	2	3	4	5
30. Fit and Strong! Manual .....	1	2	3	4	5
31. Group discussion sessions.....	1	2	3	4	5

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### **EXERCISE PREFERENCES**

The next section asks you about your exercise preferences. Please circle the option that best reflects your preference.

32. What type of exercise do you prefer?

Home-Based

Facility-Based

33. How do you like to exercise?

Alone

In a group

No preference

34. Is the Fit and Strong! program length adequate (8 weeks)?

Not long enough

Too long

Would not change

34a. If not long enough, what length would you prefer?

12 weeks

16 weeks

20 weeks

Ongoing

The next section asks for your overall review of the class and for your suggestions. Please mark the answer choice that best reflects your view.

35. Please rate your overall reaction to Fit and Strong!:

Excellent  Good  Fair  Poor

36. Please rate your overall reaction to the instructor:

Excellent  Good  Fair  Poor

37. Overall, how do you feel physically after completing the Fit and Strong! class series?:

Excellent  Good  Fair  Poor

38. Please rate how your overall reaction to the manual:

Excellent  Good  Fair  Poor

39. Overall, do you feel the Fit and Strong! classes were worth your time?

Yes  No

40. Please provide any other comments and/or suggestions about Fit and Strong!

Thanks very much for completing this evaluation. Your opinions are very important to us. Keep on exercising!

-The Fit and Strong! Team