



Participant Post-Survey

Thank you for participating in a Fitness Warriors class! We'd love to hear from you. Please take a moment to answer the questions below. All the following questions are voluntary. Return the completed survey to your fitness instructor.

Name _____ Age _____ Date _____

Height _____ ft. _____ in. Weight _____ lbs. Zip Code _____

Emergency Contact Name & Number _____

How many minutes per week are you physically active (walking, sports, dance, Warriors classes, etc)?

- 0 minutes/week
 1-30 minutes/week
 31-60 minutes/week
 61-90 minutes/week
 91-120 minutes/week
 121-150 minutes/week
 150+ minutes/week

How many Warrior classes have you been to in the past 6 months? # of Classes Attended _____
--

Rate your current levels of physical fitness on a scale of 1 (very low) to 5 (very high) by circling a number below.

	Very low	Low	Average	High	Very high
Energy Level:	1	2	3	4	5
Level of Flexibility:	1	2	3	4	5
Level of Strength:	1	2	3	4	5
Level of Cardio Endurance:	1	2	3	4	5

Rate how much you agree with the following statements since joining a Fitness Warriors class, by marking the appropriate box for each statement.

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Not Applicable
I have lost weight.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have reduced the amount of medications I take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have reduced stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have improved my ability to function in daily activities (ex. taking the stairs, carrying groceries, house work, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more confident exercising in front of others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am more knowledgeable about physical fitness.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have a more positive outlook on life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My Fitness Warrior instructor is excellent.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Where do you get information about the Fitness Warriors classes? (check all that apply)

- Warriors Facebook
 Warriors Instagram
 Paper Materials
 Other: _____
 Warrior Instructor
 Community Events
 Radio

 Word of Mouth
 Sports Backers Website
 Physician/Doctor

Please use the back of this page to share any additional information with your Fitness Warrior.

Do you know about other Warrior classes in your community? YES NO

Do you participate in other Warrior classes in your community? YES NO

Would you recommend the Fitness Warrior classes to a friend? YES NO

What motivates you to participate in a Fitness Warriors class (check all that apply)

- Location It's free The instructor Improved health conditions
 Convenient Class times The participants Safe environment Other: _____

What would prevent you from continuing to participate in a Fitness Warriors class (check all that apply)

- Location The instructor Finding transportation to class Low participation in class
 Class times are inconvenient A health condition No one to go to class with Other: _____
 I do not have enough energy I do not have enough time Not safe to get to class _____

Please feel free to elaborate on any of your above responses.

What stands out to you as a high point or memorable moment during your participation in the classes?

Do you have any suggestions to improve the Fitness Warriors program?

Anything else you'd like to share? Comments, stories, suggestions, etc?

May we contact you for follow up questions or program opportunities in the future? If so, please leave us your email address and/or phone number.

Thank you for your participation!

If you would like to provide additional feedback, please feel free to contact us at:
804-285-9495 or rvafitnesswarriors@gmail.com



FITNESSWARRIORS