

WALKING CHALLENGE

There's never been a better time to get moving.

Walking Challenge Participant Feedback Survey

PLEASE COMPLETE AND RETURN TO:

GENDER:

Male

Female

Other

AGE:

18-30

31-50

51-70

70 or older

YES NO

Did you set personal goals for this walking challenge?

If yes, did you meet those goals at least 80% of the time?

Did your participation in the challenge push you to increase your daily step count?

Did you join a walking group for this challenge?

If you received challenge status updates, did you find them helpful?

Would you be interested in being a coordinator for future walking challenges?

What factors helped you decide to participate in the walking challenge?

What motivated you to increase your daily steps?

What were some barriers to increasing your daily steps?

In what ways was this challenge done well?

How could this challenge be improved in the future?