**Workshop Evaluation**

5 Responses

**Workshop Title:** Eating on the Run Part 1  
**Date:** 4-21-11

Please mark the response that best describes your opinion of today’s workshop.

<table>
<thead>
<tr>
<th>Rating</th>
<th>Excellent</th>
<th>Very Good</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>How would you rate the workshop overall?</td>
<td>20% (1)</td>
<td>80% (4)</td>
<td>--</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>How would you rate the workshop’s usefulness?</td>
<td>40% (2)</td>
<td>40% (2)</td>
<td>20% (1)</td>
<td>--</td>
<td>--</td>
</tr>
<tr>
<td>How would you rate the strategies presented at the workshop?</td>
<td>40% (2)</td>
<td>40% (2)</td>
<td>20% (1)</td>
<td>--</td>
<td>--</td>
</tr>
</tbody>
</table>

What are the most useful ideas, tips, or techniques you will take from today’s workshop?

- Finding some time to relax
- Stress management
- Be more organized and take time from my busy schedule for “me” time
- Relax, reduce tasks, organization
- Relaxation tips

How will you use what you’ve learned in today’s workshop?

- Listening to some soothing music to help reduce stress
- Stop harming my health with bad stress habits
- For today’s exam-- breathing techniques
- Relax more

What topics would you recommend for future workshops?

- N/A
- How to avoid eating out as much