

Celebrate! A Healthy You Newsletter Evaluation

Thank you for subscribing to and reading our newsletter Celebrate! A Healthy You. We want to make it as helpful as possible. You can help us do that by completing this short feedback form. Your participation is voluntary, and your answers are anonymous. Please fax your completed survey to 636-279-3310 or mail to University of MO Extension, 260 Brown Rd, St. Peters, MO 63376. Thank you very much! Linda Rellergert

1. As a result of something you have read in this newsletter, what actions have you taken? (Please check all that apply)

- I am more physically active. What activities do you do regularly? _____
- I eat more fruits and vegetables.
- I eat more whole grain foods like brown rice, oats, whole wheat bread.
- I am coping with stress in a more healthy way.
- I am preparing more meals at home.
- My family eats together more often.
- I am taking care of my hunger before it gets out of control.
- I stop eating when I feel full.
- I take more time to 'play' or do things I enjoy.
- I have tried at least one recipe from the newsletter. Which one or ones?

- _____
- I have used at least one of the handouts included in the newsletter this year. Which one or ones?

- _____
- The Words to Consider have meaning for me.
 - I share the newsletter with others. How many other people? _____
 - I looked up information on a web site because of something I read in the newsletter.
 - Is there something else? Please describe it here: _____
- _____

2. Would you recommend this newsletter to anyone else?

Yes No Unsure

3. Would you like to unsubscribe to the newsletter?

Yes No

If yes, please print/type in your name here so we can remove your name from the mailing list.

4. Would you like to get the newsletter by email? Please print/type your name, phone number and email address here: Name _____ Daytime Phone Number _____

Email: _____

5. Do you know someone else who would like to get the newsletter? If so, please print/type their name and either mailing address or email here:

6. Do you have any additional comments or questions you would like to share?
