

Programme Review

Name: _____ Date: _____

1. How do you think you are progressing with your programme? _____

2. How hard do you find the activities/exercises? Are they too easy or hard, or about right? Explain:

3. What activities/exercises are you finding particularly useful/effective? _____

4. Are there any activities/exercises that you consider ineffective? _____

5. Are there any activities/exercises that you would like to include? _____

6. Do you feel that any of your goals have not yet been achieved or are progressing particularly well?

7. List the goals you have been working towards below, and rate on a scale of 1 to 5 (1 being the lowest, 5 the highest) how you feel they have been progressing up till now. Please explain your rating.

Short-term goals: _____

Medium-term goals: _____

Long-term goals: _____

8. Are there any goals you would like to change or add? _____

9. How have your nutritional goals been progressing – are you maintaining the strategies? _____

10. Are there any aspects of the nutritional strategies that you have failed to implement or are finding particularly hard? _____

11. What aspect of the nutritional strategies are you finding quite easy or straightforward to implement?

12. Is there anything you would like to change regarding your nutritional goals? _____

13. Are you finding that the nutritional strategies support/complement other programme components? Explain
