

## Training Course Evaluation

Name (Optional): <i>Joshua Strub</i>	Trained by Joshua Strub
Course Title: Lunch and Learn - Nutrition	Date(s): 19 <sup>th</sup> Feb 2019

To ensure our standards of quality are maintained, please take the time to provide some feedback on the above training course. Any information you provide will be in the strictest confidence.

1. Overall, how would you rate the seminar?	Excellent	Good	Average	Variable	Poor
	✓				
2. What did you like most about the seminar?	<b>Comments</b> <i>learning new stuff - e.g. sleep + alcohol - related.</i>				
3. Was the length of the seminar too long or, about right?	Too Long	About Right	Too Short		
		✓			
4. How helpful did you find the information on basic fitness and nutrition?	Very Helpful	50/50 - I learned a thing or two	I didn't learn much at all - Not Helpful		
	✓				
5. How likely are you to attend another seminar similar in the future, if given the opportunity?	Very Likely	Somewhat likely	Not so likely		
	✓				
6. How do you rate the speaker?	Informative, engaging, helpful and friendly	Somewhat informative, helpful and friendly	Not very informative, helpful or friendly		
	✓				

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1. Overall, how would you rate the seminar?	Excellent	Good	Average	Variable	Poor
	✓				
2. What did you like most about the seminar?	Comments <i>Simple explanations</i>				
3. Was the length of the seminar too long or, about right?	Too Long	About Right	Too Short		
		✓			
4. How helpful did you find the information on basic fitness and nutrition?	Very Helpful	50/50 - I learned a thing or two	I didn't learn much at all - Not Helpful		
	✓				
5. How likely are you to attend another seminar similar in the future, if given the opportunity?	Very Likely	Somewhat likely	Not so likely		
		✓			
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1. Overall, how would you rate the seminar?	Excellent	Good	Average	Variable	Poor
	✓				
2. What did you like most about the seminar?	<b>Comments</b> Talked through the basics of weight / fat loss which are often overlooked				
3. Was the length of the seminar too long or, about right?	Too Long	About Right	Too Short		
		✓			
4. How helpful did you find the information on basic fitness and nutrition?	Very Helpful	50/50 - I learned a thing or two	I didn't learn much at all - Not Helpful		
	✓				
5. How likely are you to attend another seminar similar in the future, if given the opportunity?	Very Likely	Somewhat likely	Not so likely		
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1. Overall, how would you rate the seminar?	Excellent	Good	Average	Variable	Poor
	X				
2. What did you like most about the seminar?	Comments VERY KNOWLEDGABLE HOST.				
3. Was the length of the seminar too long or, about right?	Too Long	About Right	Too Short		
		X			
4. How helpful did you find the information on basic fitness and nutrition?	Very Helpful	50/50 - I learned a thing or two	I didn't learn much at all - Not Helpful		
	X	X			
5. How likely are you to attend another seminar similar in the future, if given the opportunity?	Very Likely	Somewhat likely	Not so likely		
	X				
6. How do you rate the speaker?	Informative, engaging, helpful and friendly	Somewhat informative, helpful and friendly	Not very informative, helpful or friendly		
	X				

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1. Overall, how would you rate the seminar?	Excellent	Good	Average	Variable	Poor
		✓			
2. What did you like most about the seminar?	Comments OVERALL COURSE WAS GOOD.				
3. Was the length of the seminar too long or, about right?	Too Long	About Right	Too Short		
		✓			
4. How helpful did you find the information on basic fitness and nutrition?	Very Helpful	50/50 - I learned a thing or two	I didn't learn much at all - Not Helpful		
	✓				
5. How likely are you to attend another seminar similar in the future, if given the opportunity?	Very Likely	Somewhat likely	Not so likely		
		✓			
6. How do you rate the speaker?	Informative, engaging, helpful and friendly	Somewhat informative, helpful and friendly	Not very informative, helpful or friendly		
	✓				