

# FEEDBAG\* INFORMATION

1. How do you rate the program? (Circle the appropriate number.)

Dreadful										Excellent
1	2	3	4	5	6	7	8	9	10	

2. What did you think of it?

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3. What did you personally get out of it?

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4. What are you going to do to keep your body in good shape?

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5. Is there anything you didn't like about the session?

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6. Is there anything you'd recommend to improve the session?

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7. Would you be happy to take part in a daily 10-minute strength and stretch program during work time?

Yes  No

8. If your musculo-skeletal system is in poor shape would you be happy to take part in a prehab/rehab program for 40 minutes, twice a week, in 'company' time until you got back into good shape?

Yes  No

7. If you are a manager/supervisor, would you be happy to make sure your work team does a 10-minute strength and stretch session each day?

Yes  No

\* When Francis went to the races he got his tips from feedbag information!