

Feedbag information*

DATE/...../.....

ORGANISATION

1. How do you rate the program?

Dreadful											Very Good
0	1	2	3	4	5	6	7	8	9	10	

2. What did you think of it?

3. How do you feel at the end of it?

4. What did you get out of it?

5. As a result of the program, what are you going to do?

6. Are there any things you think your organisation could do to encourage staff to keep themselves fit and healthy?

7. Would you be happy to do 10 minutes of strength and flexibility exercises in the workplace each day to keep your back, neck and shoulders ... in good nick? Yes ☐ No ☐

8. If you scored less than 50 on the Musculo-skeletal Risk Factor Profile would you be happy to attend three, 30 min strength and flexibility training sessions a week, in 'company' time? Yes ☐ No ☐

* When Francis went to the races he got his tips from 'feedbag information'.