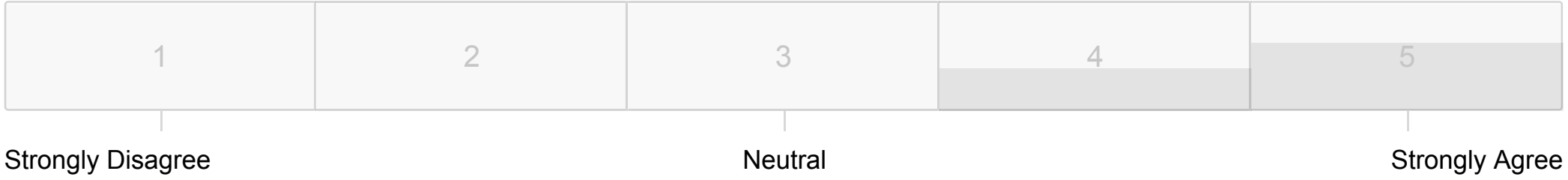


My health coach is knowledgeable in the health & fitness areas that matter to me:

8 out of 8 people answered this question

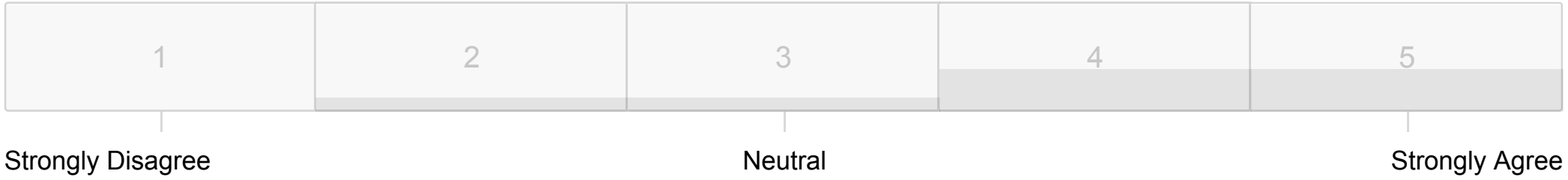
Average: 4.63



My weekly health coaching calls are effective in supporting my health goals:

8 out of 8 people answered this question

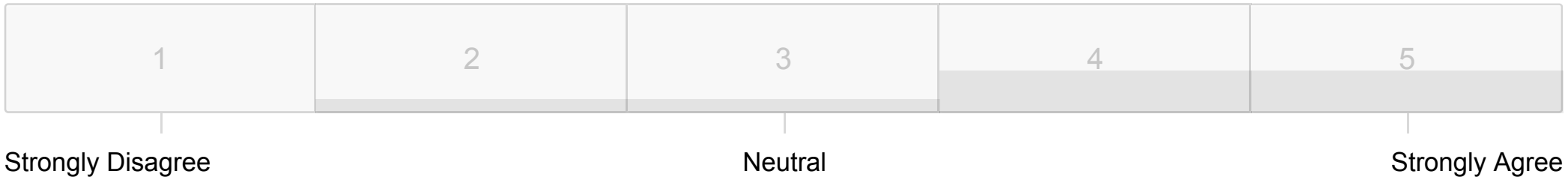
Average: 4.00



My frequency of contact with my health coach is effective:

8 out of 8 people answered this question

Average: 4.00

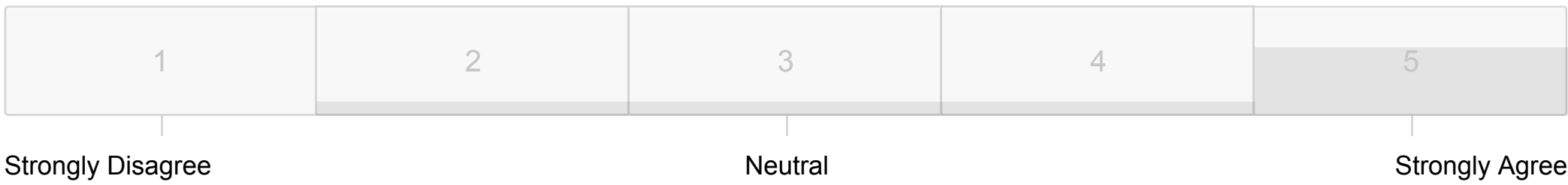




My weekly health coaching tutorial emails, homework, and programs help me achieve my goals:

8 out of 8 people answered this question

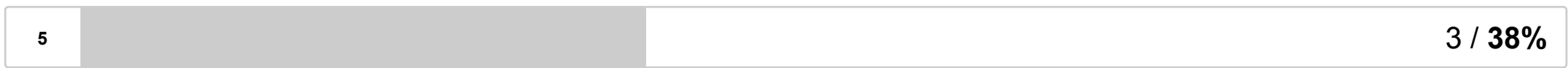
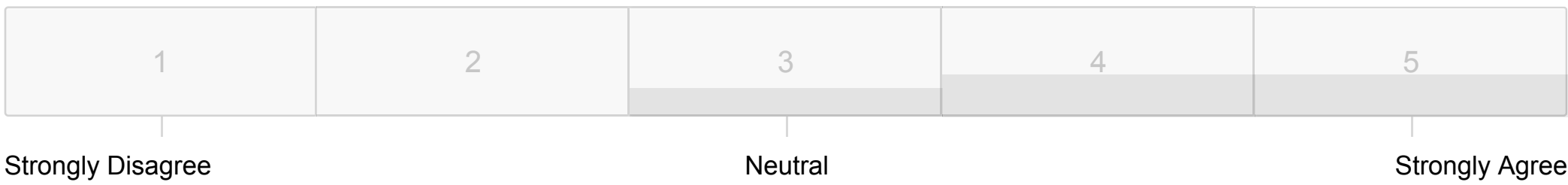
Average: 4.25



The amount of health coaching information I receive and the implementation pace is adequate for me:

8 out of 8 people answered this question

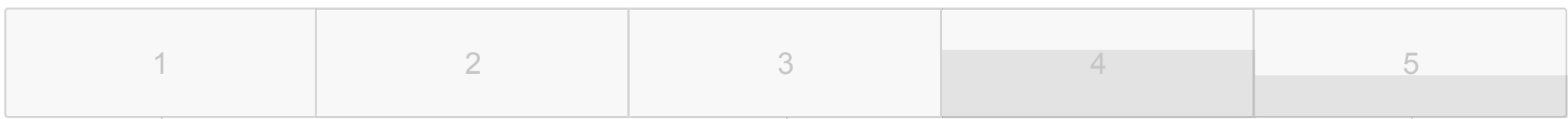
Average: 4.13



My health coach helped me identify specific improvements in my Nutrition and Fitness:

8 out of 8 people answered this question

Average: 4.38



Strongly Disagree

Neutral

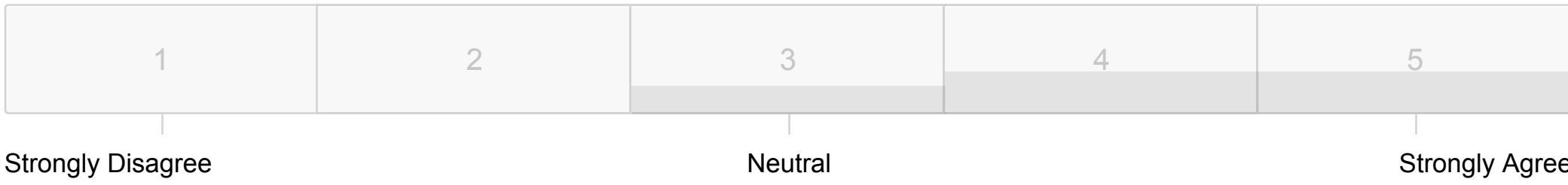
Strongly Agree



My health coach has helped me implement my health & fitness goals effectively:

8 out of 8 people answered this question

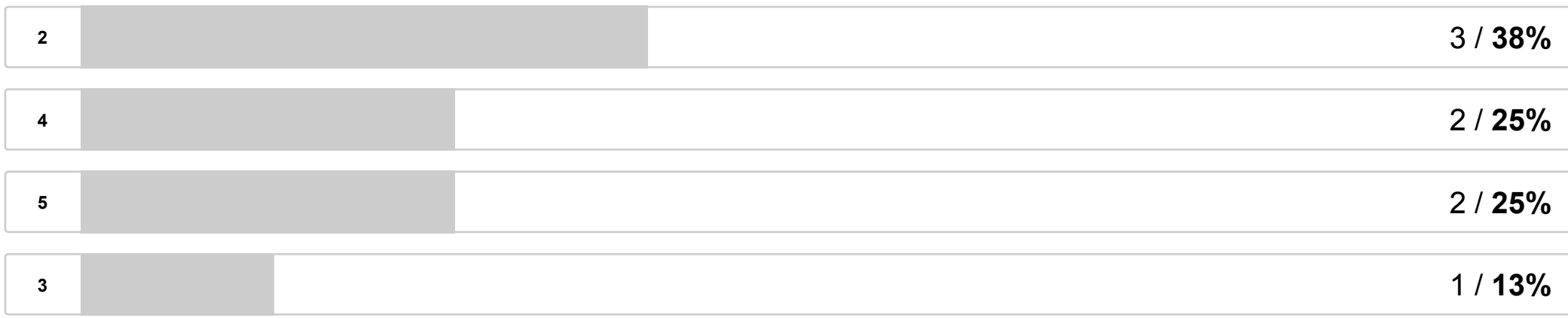
Average: 4.13



Nutrition logging helps me manage my energy balance (calories/day) and manage my weight.

8 out of 8 people answered this question

Average: 3.38



Nutrition logging helps me understand macronutrients and make better food choices:

8 out of 8 people answered this question

Average: 3.00





Which month would you prefer the ELT recognize your individual health improvements?

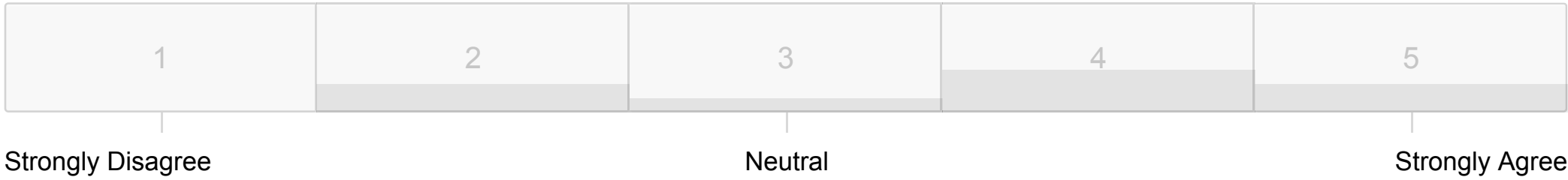
8 out of 8 people answered this question



My participation in health coaching has improved my health:

8 out of 8 people answered this question

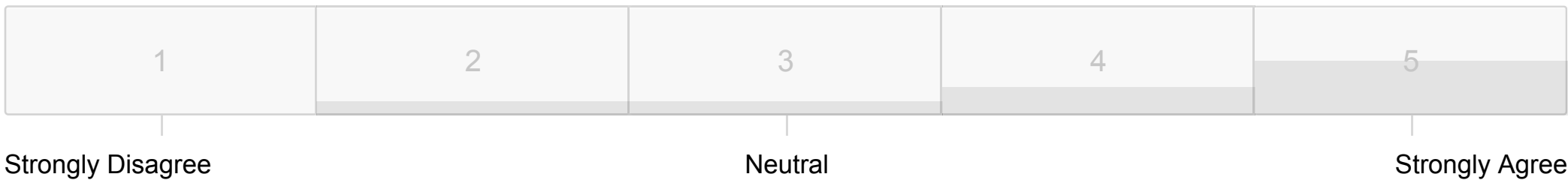
Average: 3.63



My health coach helped motivate me to want to reach my health & fitness goals:

8 out of 8 people answered this question

Average: 4.13

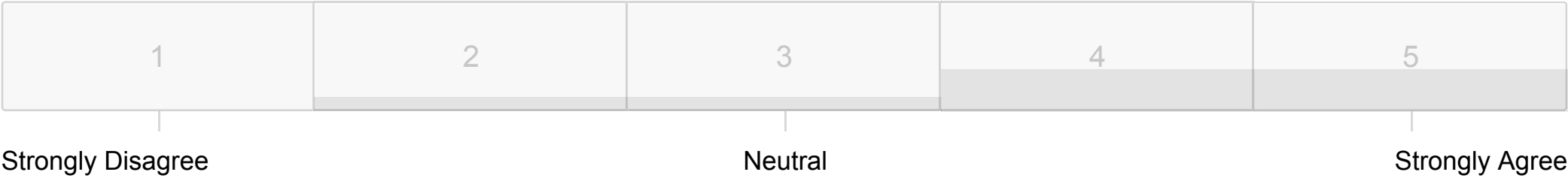




To date I am pleased with the quality of the health coaching I receive:

8 out of 8 people answered this question

Average: 4.00



I would personally recommend health coaching to my colleagues:

8 out of 8 people answered this question

Average: 4.00

