

## HEALTHY STEPS EVALUATION AND OPTIONAL PHONE CALL CHECK-IN

**We would like to know what you think about Healthy Steps. Please take a moment to answer the following questions so we can improve our program.**

During a typical week, how many days do you get at least 30 minutes of physical activity?	0 days <input type="checkbox"/>	1-2 days <input type="checkbox"/>	3-4 days <input type="checkbox"/>	5 or more <input type="checkbox"/>	
How do you rate your overall health?	Poor <input type="checkbox"/>	Fair <input type="checkbox"/>	Good <input type="checkbox"/>	Excellent <input type="checkbox"/>	
What is your age?	Under 50 <input type="checkbox"/>	50-64 <input type="checkbox"/>	65-74 <input type="checkbox"/>	75-84 <input type="checkbox"/>	85+ <input type="checkbox"/>
What is your race/ethnicity?	White <input type="checkbox"/>	Asian <input type="checkbox"/>	Hispanic <input type="checkbox"/>	African American <input type="checkbox"/>	Other: _____
What language do you speak at home?	_____		Do you also speak English?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
Do you receive Supplemental Security Income (SSI)?	Yes <input type="checkbox"/>		No <input type="checkbox"/>		

### Optional Check-in Call in 2-4 Weeks:

**FIRST NAME:** \_\_\_\_\_ **PHONE NUMBER:** \_\_\_\_\_

**Comments:**

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