

HEALTHIER LIFESTYLES

HEALTHIER OLDHAM



It has now been at least 4 weeks since you completed the brief intervention training!
Please complete this follow-up questionnaire, circle the answer!

Name _____ Organisation _____

1. Reviewing the target goal you set for yourself, how close do you feel you have come to achieving this?

A) Achieved my goal. B) Not yet achieved, but working towards C) No progress made.

D) Did not set a goal

2. Have you made any other lifestyle changes following the recent training?

A) Yes B) No

If yes please give brief details

3. Have you used the training to engage in any brief interventions?

A) Yes B) No

If yes please give brief details

3. How useful has the training course been to you and your lifestyle?

Please rate 1 being lowest 5 being highest

1 2 3 4 5

Please send completed questionnaire to Christine Thomson Positive Steps Oldham, Media Place, 80 Union Street, Oldham OL1 1BD – It can also be completed online at www.positivestepsoldham.org.uk

If you have any queries please contact me on:-0161 621 9389. Many thanks