



Participant Evaluation Questionnaire

Evaluation of the X-PERT Programme: To assess whether the X-PERT programme has been of benefit to you and to allow future programmes to offer maximum benefits to people, please take a few minutes to answer the questions below. Please rate **Weekly Topics and Goal Setting** sessions for enjoyment, usefulness, impact on health and impact on quality of life, by selecting the answer for each question. **Thank you for your time!**

WEEKLY TOPICS 1-6

Enjoyment

Usefulness

Impact on health

Impact on quality of life

GOAL SETTING SESSIONS 1-6: SETTING YOURSELF GOALS

Enjoyment

Usefulness

Impact on health

Impact on quality of life

Comments:



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Handbook/Supporting Literature

Usefulness:

Will help improve my health:

Comments:

Organisation of the X-PERT Programme?

Comments:

Venue?

Comments:

Length of the X-PERT Programme

Do you feel that the **six week programme** is:

If your response was too little time/too much time – how long do you think the programme should be?

Was there a particular week you found more enjoyable or useful?

Comments:

Was there a particular week you did not enjoy or find useful?

Comments:

Is there anything within the programme that you would like changing?

Comments:

Would you recommend this service to friends and family?

Comments: