

A Healthier Saffron

Thank you for following the Healthier Saffron online programme, I hope you have found it useful. Please take a few minutes to complete the feedback form and then return to me at Saffron Health.

Please circle -

Sex Male/Female

Age 18-29yrs 30-49yrs 50-69yrs 70-89yrs 90yrs+

Please score each question on a scale of 1 to 5, where 1 is low and 5 is high.

	1	2	3	4	5
Did the online course meet your expectations?					
Did you find it easy to understand?					
How easy was it to set your own SMART goals?					
How likely are you to continue with your lifestyle changes?					
How likely are you to recommend this programme to others?					
If not, why not?					
Did you learn anything new? Yes/No					
Did you achieve your goals? Yes/No					

Any other comments?

Thank you for completing this questionnaire.
Please send to Sarah Browne, Practice Nurse
Saffron Health
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Leicester
LE2 6UL