

Sitting Brochure Survey

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It is our hope that you found the information brochure helpful and informative. Please take a few minutes to give us some feedback so we can improve the brochure for future readers/learners.

Name (optional)					
Email (optional)					
# Hours You Sit in a Work Day					
# Hours You Sit Outside of Work					
In the last year, I have had approximately ____ days of spine pain.					
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
The brochure was easy to understand.					
The brochure was interesting.					
The information in the brochure was helpful.					
After reading the information in the brochure, I am going to attempt to change my sitting posture.					
After reading the information in this brochure, I am going to begin strengthening for better posture.					
After reading the information in the brochure, I am going to begin a mobility routine for my spine to counteract the negative effects of sitting.					
Reading this brochure has educated me on the effects of sitting on my spine.					
After reading this brochure, I am going to put effort into decreasing the amount of sitting I do at work.					
After reading this brochure, I am going to put effort into decreasing the amount of sitting I do outside of work.					
Specific strengths/things I liked about the brochure:					
Specific weaknesses/things I did not like in the brochure:					