

## Evaluation Form Preliminary Results

When I handed out my brochure, I also handed out my evaluation form. Currently, I have had three forms returned to me and these are the results.

1. Number of hours sitting a day: ~12 hours. Considering we should assume people are sleeping 8 hours a day, which means that they are only getting 4 hours of activity. Sitting for 50% is a behavior pattern that is not ideal.
2. The responses were broken down as follows:
  - a. Easy to understand: Strongly agree to agree.
  - b. Interesting: Strongly agree to neutral
  - c. Helpful: Strongly agree to agree
  - d. Change sitting posture: Strongly agree to neutral
  - e. Strengthen: Strongly agree to agree
  - f. Mobility Routine: Strongly agree to neutral
  - g. Educated: Strongly agree to agree
  - h. Decrease sitting at work: Strongly agree to neutral
  - i. Decrease sitting outside of work: Strongly agree to neutral

Clearly, more brochures need to be handed out and more evaluation forms returned before the effectiveness of the brochure can be fully determined. At this point in time I believe that this brochure will complement a physical therapy session and be a reinforcing learning resource. It will not be a learning tool that stands alone.