Congratulations on completing Walk Kansas 2016! You are invited to provide feedback about your experience and suggestions for Walk Kansas 2017 through this survey.

Consider your experience in Walk Kansas and answer the following questions. Success stories are appreciated.

1. As a result of this program, I feel motivated to do at least 30 minutes of physical activity 5 or more days a week.
   □ Strongly agree □ Agree □ Neither Agree or Disagree □ Disagree □ Strongly Disagree

2. During the 8 weeks of Walk Kansas, I reached the minimum goal for physical activity – 150 minutes of moderate/vigorous activity per week.
   □ Yes □ No

3. If you answered “yes” to the previous question, please indicate how confident you are in your ability to continue this amount of physical activity over the next 6 months.
   □ Very confident □ Confident □ Unsure □ Not confident □ Not very confident

4. As a result of this program, I learned that I should do strengthening exercises at least twice a week.
   □ Strongly agree □ Agree □ Neither Agree or Disagree □ Disagree □ Strongly Disagree

5. During the 8 weeks of Walk Kansas, I did strengthening exercises at least twice a week.
   □ Strongly agree □ Agree □ Neither Agree or Disagree □ Disagree □ Strongly Disagree

6. As a result of this program, I am more aware of healthy eating recommendations.
   □ Strongly agree □ Agree □ Neither Agree or Disagree □ Disagree □ Strongly Disagree

7. During the 8 weeks of Walk Kansas, I ate more fruits and/or vegetables.
   □ Yes □ No

8. If you answered “yes” to the previous question, please indicate how confident you are in your ability to continue eating this increased amount of fruits and/or vegetables over the next 6 months.
   □ Very confident □ Confident □ Unsure □ Not confident □ Not very confident

9. As a result of this program, I adopted healthier lifestyle habits.
   □ Yes □ No
10. If you answered “yes” to the previous question, please share the habits you adopted.

11. Please check any of the positive changes you have experienced as a result of this program.
   - □ Increased energy
   - □ Increased muscle strength
   - □ Increased endurance
   - □ Increased flexibility
   - □ Lower blood pressure
   - □ Lower blood cholesterol
   - □ Decreased weight
   - □ Improved mood
   - □ Better able to manage stress
   - □ Restful sleep
   - □ Other (please describe)

11. Please identify the primary make-up of your team.
   - □ Workplace/school
   - □ Friends/family
   - □ Neighbors
   - □ Church or community group
   - □ Other

12. Do you have a personal, or team, Walk Kansas success story to share?

13. A new online system for registration and reporting was used in 2016 and we know that modifications are needed. Please provide suggestions and feedback about the system, if you have experience with it.

14. How could Walk Kansas be improved in 2017? (Please include comments about the newsletters, website and instructional videos.)

15. Your age category – please check one:
   - □ 12 and under
   - □ 13 – 17
   - □ 18-24
   - □ 25-34
   - □ 35-44
   - □ 45-54
   - □ 55-64
   - □ 65-74
   - □ 75 and over

17. Please list the county or Extension District where you participated.

Thank you for participating in Walk Kansas and for completing this survey. We hope you can join us for Walk Kansas 2017. Have a great summer!

Please return your survey by June 17, 2016 to Riley County Extension, 110 Courthouse Plaza Room B220, Manhattan, KS 66502.