

Walk With Ease Post-Program Survey

For the following set of questions, please circle the option that best describes your answer:

To what extent did you learn basic information about arthritis?

Very Well Fairly Well A Little Not At All

To what extent did you increase your understanding of the rationale and principles of exercise for people with chronic conditions?

Very Well Fairly Well A Little Not At All

To what extent did you increase your knowledge about walking in a safe and comfortable manner?

Very Well Fairly Well A Little Not At All

To what extent do you feel knowledgeable about how to do warm-up and cool-down exercises before and after walking?

Very Well Fairly Well A Little Not At All

To what extent were the problem-solving strategies useful to you?

Very Well Fairly Well A Little Not At All

To what extent were the self-test tools useful to you?

Very Well Fairly Well A Little Not At All

To what extent were the contract and walking diary tool useful to you?

Very Well Fairly Well A Little Not At All

Thank you for your time in completing this survey!