



# Evaluation

Jane Edwards and Debb Pankow

## As a result of participation in this mini lesson:

My understanding of the impact of health on finances has increased.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

My understanding of the impact of finances on health has increased.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I have learned how to set health and wealth goals.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I have explored common behavior change strategies.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I have become motivated to improve health and wealth.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

## My health goals are (Check all that apply):

- Increase my daily physical activity
- Eat at least 5 or more fruits and vegetables a day
- Eat whole grains daily
- Eat calcium rich foods and beverages each day
- Eat lean protein foods
- Reduce intake of sweetened beverages
- Reduce intake of processed snacks high in sugar, salt or fat
- Reduce portion sizes
- Eat at restaurants less frequently
- Other (please specify) \_\_\_\_\_

## My wealth goals are (Check all that apply):

- Establish or increase emergency fund savings
- Establish or increase savings for education
- Establish or increase savings to purchase a home
- Enroll in a tax-deferred retirement savings plan
- Decrease household spending
- Prepare a household spending plan (budget)
- Other (please specify) \_\_\_\_\_

## About You

Zip Code: \_\_\_\_\_

Gender:  Female  Male

Age:  under 21  
 21-30  
 31-40  
 41-50  
 51-60  
 61-70  
 over 70