

What are Five of the things that you learned during this program that make you feel good about yourself?

Examples are: That you learned a lot more than you thought you could.
That learning about food can make you feel good and happy
That eating differently makes you feel good or better
That you have more discipline and strength than you thought.
That exercising helps improve your moods.
That having a friend to play or exercise with you, helps.
That new foods or ideas can make you feel better.
That everyone has to work differently to change habits.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

What are five things that you used to think about yourself or your family, or your diet, or your lifestyle or your habits, that you think have changed as a result of the program. Did you leave any old habits behind? Did you give up some old ideas?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Any thing else you want to say about the program, the facilitators or volunteers?
Please use the back side of the paper. Mahalo for being in the program. A hui hou!!!