

### **Participant/Intervention Sample Evaluation**

(Participants may evaluate the intervention using a similar form)

Please help me evaluate this intervention by telling me what you think about it.

(1) Tell me how you feel about using the computer for this program.

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(2) What do you think are the strengths of this program?

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(3) What suggestions do you have for improving this walking program?

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(4) How would you describe your overall feeling about the walking program?

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**Directions:** Read each question carefully and *circle* the number that corresponds to how you would rate the usefulness of each of the program components.

<b>How helpful to you were the following parts of the intervention:</b>					
	Not at all useful	Some what useful	I don't know	Useful	Very useful
Website information on lifestyle activity	1	2	3	4	5
Website information on getting started	1	2	3	4	5
Website information on strategies to overcome barriers	1	2	3	4	5
Website information on choices and strategies	1	2	3	4	5
Use of a pedometer	1	2	3	4	5
Setting goals	1	2	3	4	5
Recording steps	1	2	3	4	5

**Staff Reference:**

Behavioral outcome: participants should increase their level of physical activity (walking) [i.e., if they started at 2000 steps during the pre-intervention walk, they should attempt to increase their steps to  $\geq 10,000$  after 4 weeks.

Self efficacy did not increase between control group and intervention group. Therefore, that module could be made stronger – help participants identify barriers to physical activity and how to deal with them to be able to walk more regularly.