Workshop Evaluation

We'd love to know what you think about Craving Change™!

Please circle your rating of each of the following questions from 1 (Not at all) to 5 (Very). N/A means 'not applicable'.

<table>
<thead>
<tr>
<th>Question</th>
<th>Not at all</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>N/A</th>
</tr>
</thead>
<tbody>
<tr>
<td>How understandable was the information in Craving Change™?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>N/A</td>
</tr>
<tr>
<td>How helpful was the Information?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>N/A</td>
</tr>
<tr>
<td>How helpful were the group discussions?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>N/A</td>
</tr>
<tr>
<td>How effective was the facilitator(s)?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>N/A</td>
</tr>
<tr>
<td>Were the written materials helpful?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Please comment on what you liked most about this program:

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________________________________________________________________________

________________________________________________________________________

What information do you think will be the most helpful for you?

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________________________________________________________________________

________________________________________________________________________

What should be changed about the program or done differently next time?

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________________________________________________________________________

Would you recommend this workshop to others? Why? Why not?

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Thank you!