**ALABAMA IN MOTION** Wrap-up

Name: ___________________________________ Team Name: ________________________
Phone: ___________________________________

Directions

- Fill out this form as soon as you have finished *Alabama In Motion*.
- Send, fax, or bring this form and your Individual Mileage Log to your Team Captain by May 2.
- Ask your Team Captain about date and location for the Celebration and Recognition Activity.

1. Which of these fitness activities do you perform now? (Check all that apply.)
   - A. I do no fitness activity now.
   - B. Walk
   - C. Run
   - D. Swim
   - E. Ride bicycle
   - F. Other (specify)________________

2. If you perform a fitness activity now, how many days each week do you do so?
   - A. Walk _____ days each week
   - B. Run _____ days each week
   - C. Swim _____ days each week
   - D. Ride bicycle _____ days each week
   - E. Other activity _____ days each week

3. Indicate the number of minutes each day you perform the activity(ies) checked above.
   - A. Walk _____ minutes each day
   - B. Run _____ minutes each day
   - C. Swim _____ minutes each day
   - D. Ride bicycle _____ minutes each day
   - E. Other activity _____ minutes each day

4. Please let us know what *Walk! Alabama* did for you. (Check all that apply.)
   - A. Got me started exercising.
   - B. Increased the amount of exercise
   - C. Helped me find a group to walk with.
   - D. Kept me going when I felt like quitting.
   - E. Increased the time I spent with my family.
   - F. Increased my energy level.
   - G. Helped me motivate my friends and/or I already was doing. Family to walk.
   - H. Decreased the amount of time I spent Sitting and watching TV, etc.
   - I. Helped me feel less stressed.

5. List any other benefits you realized as a result of participating in *Alabama in Motion*.
   ____________________________________________________________________________
   ____________________________________________________________________________

6. What did you like most about *Alabama in Motion*?
   ____________________________________________________________________________

7. How did you learn about *Alabama in Motion*? (Check all that apply.)
   - A. Extension Service
   - B. Friend, family, co-worker
   - C. Newspaper
   - D. Radio or television
   - E. Walk! Alabama brochure
   - F. Other (specify)________________