



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 I already was doing. Family to walk.
- C. Helped me find a group to walk with.
- D. Kept me going when I felt like quitting. Sitting and watching TV, etc.
- E. Increased the time I spent with my family.
- F. Increased my energy level.
- G. Helped me motivate my friends and/or
- H. Decreased the amount of time I spent
- 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) _____