# Supplementary Material File 4 Peer-supporter training evaluation form

**What did you think of the PLAN-A training course?**

**Please fill in this form to tell us what you think about the training.**

**You do not have to put your name on the form so please be honest.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1. **The activity that I most enjoyed was:** | | | | |
| 1. **I think the thing I did best on the course was:** | | | | |
| **3. Please list up to 5 facts or bits of information that you learned from the course, that you think you will pass on to your friends:**  1)  2)  3)  4)  5)  (If you can’t think of 5 – that’s fine – just move to the next question) | | | | |
| **4.** **Trying to encourage other girls in Year 9 to be more active might be difficult because:** | | | | |
| **5. Please circle a number to show how much you enjoyed the training on Day 1:** | | | | |
| Not at all  1 | 2 | 3 | 4 | A lot  5 |
| **6. Please circle a number to show how much you enjoyed the training on Day 2:** | | | | |
| Not at all  1 | 2 | 3 | 4 | A lot  5 |
| **7. One thing that I did not enjoy about the course was:** | | | | |
| **8. To be a good peer supporter I feel that I need more help with:** | | | | |
| **9. To make the training better you could:** | | | | |

**Please tick a box to show how much you agree with each statement below:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Disagree a lot | Disagree a little | Neither agree nor disagree | Agree a little | Agree a lot |
| 10 | I understand my role as a peer supporter |  |  |  |  |  |
| 11 | The length of training was about right (2 days) |  |  |  |  |  |
| 12 | The training was interesting |  |  |  |  |  |
| 13 | I learned some new things about physical activity |  |  |  |  |  |
| 14 | The venue was a good place to do the training |  |  |  |  |  |
| 15 | I enjoyed the games |  |  |  |  |  |
| 16 | I had enough time to practice being a peer supporter |  |  |  |  |  |
| 17 | I am confident that I can pass positive messages on to my friends about getting active |  |  |  |  |  |
| 18 | The trainers were helpful |  |  |  |  |  |
| 19 | The trainers were friendly |  |  |  |  |  |
|  |  |  |  |  |  |  |
| 20 | The PLAN-A trainers provided me with choices and options |  |  |  |  |  |
| 21 | I felt understood by the PLAN-A trainers |  |  |  |  |  |
| 22 | The PLAN-A trainers were confident in my ability to be a good peer supporter |  |  |  |  |  |
| 23 | The PLAN-A trainers encouraged me to ask questions |  |  |  |  |  |
| 24 | The PLAN-A trainers listened to how I would like to do things |  |  |  |  |  |
| 25 | The PLAN-A trainers understood how I see things before suggesting a new way to do things |  |  |  |  |  |