

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:

2. I think the thing I did best on the course was:

3. Please list up to 5 facts or bits of information that you learnt 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 8 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				A lot
1	2	3	4	5

6. Please circle a number to show how much you enjoyed the training on Day 2:

Not at all				A lot
------------	--	--	--	-------

1	2	3	4	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 understand how I see things before suggesting a new way to do things					