

EAT CHOCOLATE, DRINK ALCOHOL AND BE LEAN & HEALTHY

MALLESONS – FEBRUARY 18, 2009

FEEDBACK SUMMARY:

Total Responses = 46

Rating Area	5 Tally	%	4 Tally	%	3 Tally	%	2 Tally	%	1 Tally	%	Average
Informative	32	70	13	28	1	2	0	0	0	0	4.67
Relevant	32	70	14	30	0	0	0	0	0	0	4.70
Engaging	39	85	6	13	1	2	0	0	0	0	4.83
Entertaining	36	78	10	22	0	0	0	0	0	0	4.78
Inspiring	21	46	21	46	4	8	0	0	0	0	4.37
Empowering	24	52	13	28	9	20	0	0	0	0	4.33

SOME COMMENTS:

- *"It was good to have some small simple things to work on"*
- *"Very informative"*
- *"Encouraging and down to earth"*
- *"I thoroughly enjoyed the presentation. I will definitely implement the 10 dance steps"*
- *"Good presentation and excellent information"*
- *"Very informative and inspiring"*
- *"Very encouraging and simple message. Did not use jargon that most people try to use to sound smart"*
- *"I now realize that it is my mindset that I have to change"*
- *"Very inspiring, engaging and easy to implement"*
- *"Very interesting – changes my whole outlook on maintaining a healthy lifestyle"*
- *"Fantastic! I love the compounding stats"*
- *"A very informative and entertaining presentation"*
- *"Very good presentation"*
- *"Very informative – I will definitely implement some changes in my life"*
- *"Very entertaining, lots of information – some against long held beliefs! I need to go away and think – good idea asking people to do just 'one thing'"*
- *"Simple stuff that adds up – great!"*
- *"Fantastic! Well presented, easy to understand and engaging"*
- *"Very entertaining and informative"*