Session Date:	
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BodyWorks for Girls Session 1 Evaluation Form

Your feedback is important! Please share your opinions about Session 1 of the BodyWorks program by filling out this survey.

	Please rate each Session 1 activity accord formation you learned from it. For each ac		rotana it was, (2) now into			
	Activities	How clear and easy to understand was this activity?	2. How interested were y activity?	you in this	3. How much new in you learn from this	
a.	Introduction to BodyWorks—discussion and PowerPoint presentation	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information☐ Some new informa☐ A lot of new inform	tion
b.	Introduction to girls' BodyWorks sessions	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information☐ Some new informa☐ A lot of new inform	tion
C.	Getting to know each other game (ice breaker activity)	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information☐ Some new informa☐ A lot of new inform	tion
	II. Please rate how confident you are that you can do the following tasks. Check one answer for each task. Not Confident Somewhat Confident Confident					
II.	Please rate how confident you are that yo	ou can do the following tasks. Check o	ne answer for each task.			_
II.	Describe the goals of the kit overall, and	the specific components targeting vari				_
	Describe the goals of the kit overall, and Understand the goals and expectations of	the specific components targeting varion the nine follow-up sessions		at all	confident	Confident
a. b. c.	Describe the goals of the kit overall, and Understand the goals and expectations of Participate in creating a comfortable and	the specific components targeting varion the nine follow-up sessions		at all	confident	Confident
a. b.	Describe the goals of the kit overall, and Understand the goals and expectations of Participate in creating a comfortable and	the specific components targeting varion the nine follow-up sessions		at all	confident	Confident
a. b. c.	Describe the goals of the kit overall, and Understand the goals and expectations of Participate in creating a comfortable and	the specific components targeting varion the nine follow-up sessions		at all	confident	Confident
a. b. c. d.	Describe the goals of the kit overall, and Understand the goals and expectations of Participate in creating a comfortable and	the specific components targeting vari of the nine follow-up sessions trusting tone for the group		at all	confident	Confident

Form Approved OMB No. 0990-XXXX

Session Date:				Exp. Da	te XX/XX/XX11		
BodyWorks for Girls Session 2 Evaluation Form							
Your feedback is important! Please share your opinions about Session 2 of the BodyWorks program by filling out this survey.							
I. Please rate each Session 2 activity accordinformation you learned from it. For each a		erstand it was; (2) how inte	rested you we	re in it; and (3) how r	much new		
Activities	1. How clear and easy to understand was this activity?	2. How interested were y activity?	you in this	3. How much new in you learn from this			
Discussion on setting goals and journaling	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information☐ Some new informa☐ A lot of new inform	ition		
b. Work It Out! Physical activity List the activity you did: Very clear Not at all interested Somewhat interested Very interested A lot of new information A lot of new information					tion		
II. Please rate how confident you are that you can do the following tasks. Check one answer for each task. Not Confident Somewhat Confident Confident							
a. Describe why goal setting and journaling	helps people change their eating and phy	sical activity habits					
o. Set goals to improve my bone health and overall health							

a. What worked well?_____ b. What should be improved?

Use my journal to write down what I eat and the physical activities that I do Do the physical activity we participated in during today's session on my own

III. Please tell us what worked well and what needs to be improved.

Session Date: _	
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BodyWorks for Girls 3 Session Evaluation Form

Your feedback is important! Please share your opinions about Session 3 of the BodyWorks program by filling out this survey.

	Please rate each Session 3 activity accord ormation you learned from it. For each ac		erstand it was; (2) how	interested you we	re in it; and (3) how	much new
	Activities	How clear and easy to understand was this activity?	2. How interested water activity?	ere you in this	3. How much new you learn from this	
a.	Review of first week using the daily journals	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information☐ Some new information☐ A lot of new information	
b.	Healthy smoothie demonstration	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information ☐ Some new information ☐ A lot of new information	
C.	Discussion on the basics of healthy eating for children, teens, and adults	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information ☐ Some new information ☐ A lot of new information	
		-	-	-	_	
.	II. Please rate how confident you are that you can do the following tasks. Check one answer for each task. Not Confident at all Somewhat confident					Very Confident
a.	, , , , , , , , , , , , , , , , , , , 					
b.	Describe what foods make a healthy, balance					
C.	List the nutrients girls need to grow strong an					
d.	Describe the importance of breakfast for girls	discount of the control of the contr				
III.	Please tell us what worked well and what	t needs to be improved.				
a.	What worked well?	-				
b.	What should be improved?					
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Session Date:	
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BodyWorks for Girls 4 Session Evaluation Form

Your feedback is important! Please share your opinions about Session 4 of the BodyWorks program by filling out this survey.

Tour reeuback is important: Flease share your opinions about Session 4 or the Bodyworks program by nining out this survey.					
I. Please rate each Session 4 activity according to: (1) how clear and easy to understand it was; (2) how interested you were in it; and (3) how much new					
information you learned from it. For each activity, check one box per question. 1. How clear and easy to 2. How interested were you in this 3. How much new information did					
Activities	1. How clear and easy to	2. How interested were y	ou in this		
	understand was this activity?	activity?		you learn from this	
	☐ Not at all clear	☐ Not at all interested		☐ No new information	
a. Discussion on fast food	☐ Somewhat clear	☐ Somewhat interested		☐ Some new informa	
	☐ Very clear	☐ Very interested		☐ A lot of new inform	ation
	☐ Not at all clear	□ Not at all interested		□ No new information	า
b. Serving size activity	☐ Somewhat clear	☐ Somewhat interested		☐ Some new information	tion
	☐ Very clear	☐ Very interested		☐ A lot of new inform	ation
c. Team Up! physical activity	☐ Not at all clear	☐ Not at all interested		☐ No new information	า
	☐ Somewhat clear	☐ Somewhat interested		☐ Some new informa	tion
List the activity you did:	☐ Very clear	☐ Very interested		□ A lot of new inform	ation
II. Please rate how confident you are that yo	ou can do the following tasks. Check o	ne answer for each task.	Not Confid	ent Somewhat	Very
II. Please rate how confident you are that yo	ou can do the following tasks. Check o	ne answer for each task.	Not Confid at all	ent Somewhat confident	Very Confident
II. Please rate how confident you are that y		ne answer for each task.			•
a. Know how to choose healthier foods and d b. Describe the difference between serving si	drinks at fast food restaurants izes and portion sizes	ne answer for each task.	at all	confident	Confident
 a. Know how to choose healthier foods and d b. Describe the difference between serving si c. Explain how portion sizes are related to rea 	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight	ne answer for each task.	at all	confident	Confident
a. Know how to choose healthier foods and d b. Describe the difference between serving si	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight	ne answer for each task.	at all	confident	Confident
a. Know how to choose healthier foods and d b. Describe the difference between serving si c. Explain how portion sizes are related to red d. Do the physical activity we participated in c	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight during today's session on my own	ne answer for each task.	at all	confident	Confident
 a. Know how to choose healthier foods and d b. Describe the difference between serving si c. Explain how portion sizes are related to rea 	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight during today's session on my own	ne answer for each task.	at all	confident	Confident
a. Know how to choose healthier foods and d b. Describe the difference between serving si c. Explain how portion sizes are related to red d. Do the physical activity we participated in c	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight during today's session on my own	ne answer for each task.	at all	confident	Confident
a. Know how to choose healthier foods and do b. Describe the difference between serving sic. Explain how portion sizes are related to read. Do the physical activity we participated in collision. III. Please tell us what worked well and what	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight during today's session on my own	ne answer for each task.	at all	confident	Confident
a. Know how to choose healthier foods and do b. Describe the difference between serving sic. Explain how portion sizes are related to read. Do the physical activity we participated in collision. III. Please tell us what worked well and what	drinks at fast food restaurants izes and portion sizes aching or keeping a healthy weight during today's session on my own	ne answer for each task.	at all	confident	Confident

Session Date:	
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BodyWorks for Girls Session 5 Evaluation Form

Your feedback is important! Please snare your opinions about Session 5 of the Bodyworks program by filling out this survey.						
I. Please rate each Session 5 activity accor	I. Please rate each Session 5 activity according to: (1) how clear and easy to understand it was; (2) how interested you were in it; and (3) how much new information you learned from it. For each activity, check one box per question.					
	1. How clear and easy to	2. How interested were you in thi	s 3 How	much new info	rmation did	
Activities	understand was this activity?	activity?		rn from this act		
Discussion on physical activity barriers and benefits	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested	☐ No new information☐ Some new information☐ A lot of new information			
b. Discussion on limiting screen time	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested	ted Some		No new information Some new information A lot of new information	
c. Get Outdoors! physical activity	☐ Not at all clear	☐ Not at all interested		ew information		
List the activity you did:	☐ Somewhat clear☐ Very clear	☐ Somewhat interested ☐ Very interested		e new informatio of new informati		
-						
			-			
II. Please rate how confident you are that you	ou can do the following tasks. Check o	one answer for each task.	ot Confident at all	Somewhat confident	Very Confident	
II. Please rate how confident you are that y		one answer for each task. No				
		one answer for each task. No	at all	confident	Confident	
 a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls 	now to overcome them need, including resistance and bone-stre	ngthening exercises	at all	confident	Confident	
 a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls d. Explain why spending less time in front of 	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir	ngthening exercises	at all	confident	Confident	
 a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls 	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir	ngthening exercises	at all	confident	Confident	
 a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls d. Explain why spending less time in front of 	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir	ngthening exercises	at all	confident	Confident	
 a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls d. Explain why spending less time in front of 	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir during today's session on my own	ngthening exercises	at all	confident	Confident	
 a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls d. Explain why spending less time in front of e. Do the physical activity we participated in 	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir during today's session on my own	ngthening exercises	at all	confident	Confident	
a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls d. Explain why spending less time in front of e. Do the physical activity we participated in III. Please tell us what worked well and what	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir during today's session on my own	ngthening exercises	at all	confident	Confident	
a. Describe barriers to physical activity and h b. List the benefits of physical activity c. Describe how much physical activity girls d. Explain why spending less time in front of e. Do the physical activity we participated in III. Please tell us what worked well and what	now to overcome them need, including resistance and bone-stre the TV or the computer gives us more tir during today's session on my own	ngthening exercises	at all	confident	Confident	

Session Date:	
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BodyWorks for Girls Session 6 Evaluation Form

	Your feedback is important! Please share your opinions about Session 6 of the Bodyworks program by filling out this survey.						
	I. Please rate each Session 6 activity according to: (1) how clear and easy to understand it was; (2) how interested you were in it; and (3) how much new information you learned from it. For each activity, check one box per question.						
	Activities	How clear and easy to understand was this activity?	2. How interested were yo activity?	u in this		ow much new inf learn from this a	
a.	Activity to set family goals	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		□Sc	o new information ome new informat lot of new informa	ion
b.	Activity to learn how to use the weekly planner	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		□Sc	o new information ome new informat lot of new informa	ion
C.	Discussion on involving the family in planning, shopping, and cooking	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		□Sc	new information ome new informat lot of new informa	ion
-							
II.	Please rate how confident you are that yo	ou can do the following tasks. Check o	ne answer for each task.	Not Confid	dent	Somewhat confident	Very Confident
II.			ne answer for each task.		dent		•
	Set goals to eat healthier foods and become	ome more physically active		at all	dent	confident	Confident
a.	Set goals to eat healthier foods and become Help my parent or caregiver use the week Help my parent or caregiver make shoppy	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snac	als	at all	dent	confident	Confident
a. b.	Set goals to eat healthier foods and become help my parent or caregiver use the week Help my parent or caregiver make shopp include foods with calcium and vitamin D	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snach in my meal planning	als	at all	dent	confident	Confident
a. b. c.	Set goals to eat healthier foods and become Help my parent or caregiver use the week Help my parent or caregiver make shopp Include foods with calcium and vitamin D	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snach in my meal planning	als	at all	dent	confident	Confident
a. b. c. d.	Set goals to eat healthier foods and become help my parent or caregiver use the week Help my parent or caregiver make shopp include foods with calcium and vitamin D	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snach in my meal planning	als	at all	dent	confident	Confident
a. b. c. d.	Set goals to eat healthier foods and become help my parent or caregiver use the week Help my parent or caregiver make shopp include foods with calcium and vitamin D	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snac o in my meal planning for, and cook meals	als	at all	dent	confident	Confident
a. b. c. d. e.	Set goals to eat healthier foods and become Help my parent or caregiver use the week Help my parent or caregiver make shopp Include foods with calcium and vitamin Example Help my parent or caregiver plan, shop for the Please tell us what worked well and what	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snac o in my meal planning for, and cook meals	als	at all	dent	confident	Confident
a. b. c. d. e.	Set goals to eat healthier foods and become Help my parent or caregiver use the week Help my parent or caregiver make shopp Include foods with calcium and vitamin Example Help my parent or caregiver plan, shop for the Please tell us what worked well and what	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snace in my meal planning for, and cook meals t needs to be improved.	als	at all	dent	confident	Confident
a. b. c. d. e.	Set goals to eat healthier foods and become Help my parent or caregiver use the week Help my parent or caregiver make shopp Include foods with calcium and vitamin Expense Help my parent or caregiver plan, shop for the Please tell us what worked well and what What worked well?	ome more physically active ekly planner magnet to plan healthy me bing lists based on the meals and snace in my meal planning for, and cook meals t needs to be improved.	als	at all	dent	confident	Confident

BodyWorks for Girls Session 7 Evaluation Form

Your feedback is important! Please share yo		, , , ,							
I. Please rate each Session 7 activity according to the session 2		lerstand it was; (2) how inte	rested you we	ere in it; and (3) how	much new				
information you learned from it. For each a Activities	1. How clear and easy to understand was this activity?	2. How interested were yactivity?	you in this	3. How much new in you learn from this					
Discussion on how to read nutrition labels on food packages	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		☐ No new information☐ Some new information☐ A lot of new information					
b. Nutrition label activity (scavenger hunt)	□ Not at all clear □ Not at all interested □ Somewhat clear □ Somewhat interested □ Very clear □ Very interested		☐ No new information☐ Some new information☐ A lot of new information						
c. Get in the Groove! physical activity List the activity you did:	☐ Somewhat clear ☐ Somewhat interested			☐ No new information ☐ Some new information ☐ A lot of new information					
II. Please rate how confident you are that you can do the following tasks. Check one answer for each task. Not Confident Somewhat Confident Confident									
a. Read and understand nutrition labels on food packages									
b. Help my parent choose healthy foods at the supermarket									
c. Do the physical activity we participated in during today's session on my own									
	it needs to be improved.		III. Please tell us what worked well and what needs to be improved. a. What worked well? b. What should be improved?						
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Session Date	
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BodyWorks for Girls Session 8 Evaluation Form

Your feedback is important! Please share your opinions about Session 8 of the BodyWorks program by filling out this survey.

I. Please rate each Session 8 activity according to: (1) how clear and easy to understand it was; (2) how interested you were in it; and (3) how much new information you learned from it. For each activity, check one box per question.							
Activities		1. How clear and easy to understand was this activity?	2. How interested were you in this activity?		3. How much new information did you learn from this activity?		
a.	Discussion on body image, dieting, and eating disorders	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested	mewhat interested		☐ No new information☐ Some new information☐ A lot of new information	
b.	Case study (story) about a girl with an eating disorder	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested	omewhat interested		□ No new information□ Some new information□ A lot of new information	
c.	Physical activity	☐ Not at all clear	□ Not at all interested	at all interested		☐ No new information	
List the activity you did:		☐ Somewhat clear ☐ Very clear	☐ Somewhat interested☐ Very interested		☐ Some new information☐ A lot of new information		
II.	Please rate how confident you are that yo	ou can do the following tasks. Check o	ne answer for each task.	Not Confid at all	dent	Somewhat confident	Very Confident
II. a.			ne answer for each task.		dent		
	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo	cially for pre-teen and teen girls	ne answer for each task.	at all	dent	confident	Confident
a. b. c.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder	cially for pre-teen and teen girls sa and bulimia rs, including how they affect bone health	ne answer for each task.	at all	dent	confident	Confident
a. b.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder	cially for pre-teen and teen girls sa and bulimia rs, including how they affect bone health	ne answer for each task.	at all	dent	confident	Confident
a. b. c.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder	cially for pre-teen and teen girls sa and bulimia rs, including how they affect bone health	ne answer for each task.	at all	dent	confident	Confident
a. b. c. d.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder	cially for pre-teen and teen girls usa and bulimia rs, including how they affect bone health during today's session on my own	ne answer for each task.	at all	dent	confident	Confident
a. b. c. d.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder Do the physical activity we participated in o	cially for pre-teen and teen girls sa and bulimia rs, including how they affect bone health during today's session on my own t needs to be improved.	ne answer for each task.	at all	dent	confident	Confident
a. b. c. d.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder Do the physical activity we participated in o	cially for pre-teen and teen girls sa and bulimia rs, including how they affect bone health during today's session on my own t needs to be improved.	ne answer for each task.	at all	dent	confident	Confident
a. b. c. d.	List the dangers of unhealthy dieting, espe Define the eating disorders anorexia nervo Describe the health risks of eating disorder Do the physical activity we participated in of Please tell us what worked well and what What worked well?	cially for pre-teen and teen girls sa and bulimia rs, including how they affect bone health during today's session on my own t needs to be improved.	ne answer for each task.	at all	dent	confident	Confident

Form Approved OMP No 0000 YYYY

Cassian Data				Exp. Da	ite XX/XX/XX11	
Session Date:	BodyWorks for Girls Session	on 9 Evaluation Form				
Your feedback is important! Please share	your opinions about Session 9 of the Bo	odyWorks program by filling	out this survey			
I. Please rate each Session 9 activity accinformation you learned from it. For each		derstand it was; (2) how inte	rested you we	e in it; and (3) how r	nuch new	
Activities	1. How clear and easy to understand was this activity?	2. How interested were activity?	you in this	3. How much new in you learn from this		
a. "Reality Check" discussion	Check" discussion □ Not at all clear □ Not at all interested □ No new information □ Somewhat clear □ Very clear □ Very interested □ A lot of new information □ A lot of new information				ition	
b. Physical activity		☐ No new information				
List the activity you did: Somewhat clear Somewhat interested Very clear Very interested				☐ Some new informa☐ A lot of new inform		
II. Please rate how confident you are that you can do the following tasks. Check one answer for each task.				nt Somewhat confident	Very Confident	
a. Describe barriers to being physically active and eating healthy foods at home and at school						
b. Describe ways to make it easier to eat healthy foods and be physically active at my home and school						
c. Choose healthier breakfast, lunch, and snack foods that also contain calcium						

III. Please tell us what worked well and what needs to be improved. a. What worked well?_____ b. What should be improved?

Do the physical activity we participated in during today's session on my own

Session	Date:	
00331011	Date.	

BodyWorks for Girls Session 10 Evaluation Form

Your feedback is important! Please share your opinions about Session 10 of the BodyWorks program by filling out this survey.

I. Please rate each Session 10 activity according to: (1) how clear and easy to understand it was; (2) how interested you were in it; and (3) how much new information you learned from it. For each activity, check one box per question.							
	Activities	Activities 1. How clear and easy to understand was this activity? 2. How interested were you in the activity?		ou in this	in this 3. How much new information did you learn from this activity?		
a.	Media literacy quiz	☐ Not at all clear ☐ Not at all interested			☐ No new information☐ Some new information☐ A lot of new information		
b.	Activity analyzing a tobacco ad	□ Not at all clear □ Somewhat clear □ Very clear □ Very interested □ Very interested			☐ No new information ☐ Some new information ☐ A lot of new information		
C.	Handout and discussion on types of advertising techniques	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested☐ Somewhat interested☐ Very interested	Somewhat interested		iion ation	
d.	Activity analyzing a magazine ad	☐ Not at all clear ☐ Somewhat clear ☐ Very clear	☐ Not at all interested ☐ Somewhat interested ☐ Very interested		□ No new information□ Some new information□ A lot of new information		
		-	-	-			
II. I	II. Please rate how confident you are that you can do the following tasks. Check one answer for each task. Not Confident Somewhat Confident Confident						
a.	a. Describe how the media affects the body image of girls and women						
b.							
C.	Look at the ways ads influence what people buy						
d.	and eating more foods with calcium and vitamin D						
e.	List the most important actions that I have a active on a regular basis	t I have taken during BodyWorks to eat healthy foods and be physically					
III.	Please tell us what worked well and what	needs to be improved.					
a.	What worked well?						
b.	b. What should be improved?						