SSCH - Post Session Form

* Indicates required question

1. Email *

2. Session Date *

Example: January 7, 2019

3. First Name *

4. Last Name *

5. Your Email

6. SSCH Lead

Mark only one oval.

- ◯ Seb Kane
- ◯ Viki Garbett
- ◯ Brad Richards
- ◯ Other

7. What did you do and cover during this session today?

8. Has this session made you more aware of your current dietary habits, lifestyle, exercise regime and what might need adjusting?

Mark only one oval.

	1	2	3	4	5	
Not	◯	◯	◯	◯	◯	Feeling inspired and ready to go

9. How much physical pain or discomfort do you feel now, after the session? (Leave blank if not applicable to the session.)

Mark only one oval.

	1	2	3	4	5	
Non	◯	◯	◯	◯	◯	Severe

10. I have been feeling optimistic about the future

Mark only one oval.

	1	2	3	4	5	
Rare	◯	◯	◯	◯	◯	All of the time

11. I feel useful

Mark only one oval.

	1	2	3	4	5	
Rare	◯	◯	◯	◯	◯	All of the time

12. I have been feeling relaxed

Mark only one oval.

1	2	3	4	5
◯	◯	◯	◯	◯

13. I have been feeling interested in other people

Mark only one oval.

	1	2	3	4	5	
Rare	◯	◯	◯	◯	◯	All of the time

14. I have had energy to spare

Mark only one oval.

	1	2	3	4	5	
Rare	◯	◯	◯	◯	◯	All of the time

15. I have been dealing with problems well

Mark only one oval.

- ◯ Rarely
- ◯ All of the time

16. I have been thinking clearly

Mark only one oval.

- ◯ Rarely
- ◯ All of the time

17. I have been feeling good about myself

Mark only one oval.

- Rarely
- All of the time

18. I've been feeling close to other people

Mark only one oval.

- Rarely
- All of the time

19. I've been feeling confident

Mark only one oval.

- Rarely
- All of the time

20. I have been able to make up my own mind about things

Mark only one oval.

	1	2	3	4	5	
Rare	◯	◯	◯	◯	◯	All of the time

21. I've been interested in new things

Mark only one oval.

- Rarely
- All of the time

22. I've been feeling cheerful

Mark only one oval.

- Rarely
- All of the time

23. What has been the most beneficial aspect of the wellbeing offer? What have you enjoyed most during the session? *

24. Is there anything else that you would like us to include / offer?

25. Were there any barriers to accessing the support, if so, what?

26. Consent *

Check all that apply.

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27. Disclaimer *

Check all that apply.

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