

7. This exercise program in general

Not at all satisfied

Very satisfied

1

2

3

4

5

8. On non-class days, how many days per week do you do physical activity that is about as hard as EnhanceFitness exercises for 10 or more minutes?

- None
- 1 day
- 2 days
- 3 or more days

9. On those non-class days, for how many minutes are you as active or more active than you are in class?

- 10-19 minutes
- 20-29 minutes
- 30 or more minutes

Additional comments: _____
