



Date_____

"The Personal Journey" Evaluation

A. As a result of "The Personal Journey"

1. My knowledge of personal well-being has increased.

- ☐ Yes
- ☐ No

2. I plan to do one or more new things to improve my personal well-being.

- ☐ Yes
- ☐ No

3. If you plan to do something new to improve your personal well-being, please briefly describe what it is.

4. Contact information (if you are willing to participate in a brief follow-up evaluation):

- Name:_____
- E-mail address: _____

(OVER)

B. Tell us about you

1. What is your age?
☐ 18 years or younger
☐ Over 18 years
2. I am: (Fill in ONE) ☐ Male ☐ Female
3. I am Hispanic/Latino: (Fill in ONE) ☐ Yes ☐ No
4. My race is: (Fill in ONE):
☐ Amer. Indian/Alaska Native ☐ Hawaiian/Pacific Islander
☐ Asian ☐ White
☐ Black/African-American ☐ Two or more mixed race/Other
5. In what state and county do you live? _____

University of Arkansas, United States Department of Agriculture, and County Governments Cooperating.

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