



Healthy for Life 1-Minute Surveys Facilitator Instructions for Administration

Note: Each pre/post survey is specific to a Healthy for Life experience.

Checklist of important items:

- ✓ Paper surveys to administer to participants (either print double-sided copies or staple the 2 pages together)

Instructions:

1. Distribute paper surveys to **every participant at the beginning of the session**. Note that if you printed the document double-sided each participant will only get 1 paper (with a survey on each side). If you printed the document on 2 separate pages, each participant will get 2 papers (one should say PRE-Survey and the other should say POST-Survey in the title).
2. **Ask the participants to complete the pre-survey or the first page of the document before you start** the session. Ask them to keep the paper survey nearby as they will be completing the second page at the end of the experience.
3. **At the end** of your session, **ask the participants to turn to the second page and complete the post-survey**. Once both pages are completed, have the participants hand in the surveys to you before they leave.

*If the names on the pre-and-post surveys do not match, please discard the paper survey.