



Mind Over Matter
Participant PRE-Survey

Please answer the questions below **before** you complete the *Mind Over Matter* experience.

1. What is your name? _____

2. What is today's date? __/__/____
 MM DD YYYY

3. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The physical health benefits of mindful eating	1	2	3	4	5	6
The mental health benefits of mindful eating	1	2	3	4	5	6

4. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Recognize signals from my body on hunger or fullness	1	2	3	4	5	6
Appreciate my food using each of the five senses	1	2	3	4	5	6
Eat slowly without multitasking	1	2	3	4	5	6



Mind Over Matter
Participant POST-Survey

Please answer the questions below **after** you complete the *Mind Over Matter* experience.

1. What is your name? _____
2. After participating in the *Mind Over Matter* experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The physical health benefits of mindful eating	1	2	3	4	5	6
The mental health benefits of mindful eating	1	2	3	4	5	6

3. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Recognize signals from my body on hunger or fullness	1	2	3	4	5	6
Appreciate my food using each of the five senses	1	2	3	4	5	6
Eat slowly without multitasking	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with *Mind Over Matter*. Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** the *Mind Over Matter* experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6