

**2006 HEALTH & WELLNESS CHALLENGE SURVEY**  
(Please circle your choice(s))

1. **Why did you sign up for the Challenge?**
  - a. I am interested in making healthy lifestyle changes.
  - b. My department is requiring me to join and participate.
  - c. I am interested in this program because of the incentives.
  
2. **My main objective for joining this program is to:**
  - a. Lose weight.
  - b. Get information on healthy lifestyle changes.
  - c. Participate in a team.
  
3. **How much weight would you like to lose on this program?**
  - a. 0-10 lbs.
  - b. 11-25 lbs.
  - c. 25 lbs or more.
  
4. **What would you like to see more of?**
  - a. More incentive programs
  - b. More activities for teams on campus
  - c. More information workshops and seminars?
  
5. **What kind of workshops would you be willing to participate in?**
  - a. Fitness and Exercise
  - b. Nutrition, Aging and Disease
  - c. Other \_\_\_\_\_

**2006 HEALTH & WELLNESS CHALLENGE SURVEY**  
(Please circle your choice)

1. **Why did you sign up for the Challenge?**
  - a. I am interested in making healthy lifestyle changes.
  - b. My department is requiring me to join and participate.
  - c. I am interested in this program because of the incentives.
  
2. **My main objective for joining this program is to:**
  - a. Lose weight.
  - b. Get information on healthy lifestyle changes.
  - c. Participate in a team.
  
3. **How much weight would you like to lose on this program?**
  - a. 0-10 lbs.
  - b. 11-25 lbs.
  - c. 25 lbs or more.
  
4. **What would you like to see more of?**
  - a. More incentive programs
  - b. More activities for teams on campus
  - c. More information workshops and seminars?
  
5. **What kind of workshops would you be willing to participate in?**
  - a. Fitness and Exercise
  - b. Nutrition, Aging and Disease
  - c. Other \_\_\_\_\_