**Maintenance or Extended Program Evaluation**

**(Prairie Health Companion)**

Please explain the benefits you experienced by extending your 6-month program.

Which goals have been achieved? (Please be specific)

What conditions best helped you reach your goals?

What aspects of my health coaching did you most appreciate?

Do you know anyone else who could benefit from my health-coaching program?

(A $50.00 Co-op gift card is given to any client who refers a person to me who signs up for my 6-month program

Would you be willing to write a short testimonial about your experience with PHC?

Thank you so much for participating in the 6-month and extended or maintenance programs. If you need any assistance with your health and wellness in the future, please let me know. Check my events page on the website for future cooking classes and events.

Mary Battista

Certified Health and Wellness Coach, ACSM, AADP

<http://www.prairiehealthcompanion.com>