SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Share w/ nutrition clients

5. What was the most valuable aspect of this session?
   Portion control tips

6. What was the least valuable aspect of this session?
   N/a

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   use at home w/ family and at work

5. What was the most valuable aspect of this session?

   Ways our eyes play tricks on us
   and make us want more or not

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Very interested in obtaining book

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Self-portions, in clinic to review portions + mindful eating

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   None

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☑ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will encourage participants to use smaller utensils

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I'll apply this information not just in my professional life & in my students, and in my personal life

5. What was the most valuable aspect of this session?

   The most valuable aspect of this session is that my students can still eat fast food but Jis keep in mind the portion size

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☐ Agree   ☑ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☐ Agree   ☑ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   – using the methods / topics for conversation about eating mindfully

5. What was the most valuable aspect of this session?

   – portion sizes from the past juxtaposed to portion sizes now

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

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2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Use information when explaining
   Portion Control

5. What was the most valuable aspect of this session?
   study research

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   weekly column

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   mre a @ psu . edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   thanks!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   Engaging presentation, great data.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Breakfast Keynote – Let's Eat Mindfully

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   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:
   Kim PAtterson - KmP10@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Great Session -

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

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   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Put things further away

5. What was the most valuable aspect of this session?

   Seeing stats of how much less people ate depending. Also personable speaker

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Breakfast Keynote – Let's Eat Mindfully

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   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   I liked the discussion of the research studies

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote - Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree.   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

Practical Information. Easy relatable

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes   ❑ No

   If yes, list name and email for more information:

   CRis Remullins @ msn, com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

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   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Very engaging speaker

Please place the completed evaluation sheet in the box, at the back of the room.

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2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will change the portion sizes I serve myself to appropriate sizes. I will teach these methods as well.

5. What was the most valuable aspect of this session?

   Use Humor to teach.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Love Love Love

Please place the completed evaluation sheet in the box, at the back of the room.

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1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Share info w/ participants/staff

5. What was the most valuable aspect of this session?
   Excellent speaker

6. What was the least valuable aspect of this session?
   you may offend non-Christians using your position as a speaker to say Christian = true

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:

    ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:

    ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?

    ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

    Stats -

5. What was the most valuable aspect of this session?

    Stats.

6. What was the least valuable aspect of this session?

    N/A

7. Would you be interested in attending a longer workshop on this topic?

    ☒ Yes   ☐ No

    If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

    Great topic.

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   reminder of how small adjustments can make big difference

5. What was the most valuable aspect of this session?

   reminder of portion sizes and pre- cutting purchased food

6. What was the least valuable aspect of this session?

   nothing

7. Would you be interested in attending a longer workshop on this topic?
   - ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Eating right size portions
   The influence of those you eat with

5. What was the most valuable aspect of this session?

   Tips for clients to eat mindfully

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   - ☑ Yes ☐ No

   If yes, list name and email for more information:

   Iliana Almodovar – iza1@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

Being more mindful of my diet and family, friends diet

5. What was the most valuable aspect of this session?

Science based information!

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes ☐ No

If yes, list name and email for more information:

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

It was great! He was funny and Knowledgeable

Please place the completed evaluation sheet in the box, at the back of the room.

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1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   — Portion tips for our online health tips

5. What was the most valuable aspect of this session?

   Graphs

6. What was the least valuable aspect of this session?

   None — all was good

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Awesome speaker – Jim Painter

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1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion Control

5. What was the most valuable aspect of this session?

   Concepts of portion control
   > relation to Brian Wansink's research

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Personally and in Training staff.

5. What was the most valuable aspect of this session?

   The practical suggestions.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes　　☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great presentor.

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   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Share this information with my co-workers and clients

5. What was the most valuable aspect of this session?

   Engaging presenter, interesting relevant information, practical knowledge

6. What was the least valuable aspect of this session?

   N/a

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

   lg449@cornell.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   (Great presentation!)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
    ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
    ✓ ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
    ✓ ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

all the time

5. What was the most valuable aspect of this session?

all

6. What was the least valuable aspect of this session?

the research

7. Would you be interested in attending a longer workshop on this topic?
    ✓ ❏ Yes   ❏ No

    If yes, list name and email for more information:
zb12 @ cornell.edu

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

Have heard Brian Wansink as well & very impressed w/ all the research. Thank you —

Please place the completed evaluation sheet in the box, at the back of the room.

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Always both at work + work

5. What was the most valuable aspect of this session?

   Person coming and spiritual of food

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   — Jim! Factual information coupled w/
   a great presentation + real life stories

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Thank you!

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2. The session content was appropriate and informative:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great speaker, very engaging and entertaining

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   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Talking about mindful eating

5. What was the most valuable aspect of this session?

   portion distortion

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   He is a good speaker, happy, easy to listen to

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In my community presentations

5. What was the most valuable aspect of this session?

   The w method Jim Painter presents his program is excellent!

6. What was the least valuable aspect of this session?

   None

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Jim Painter is Fabulous!
   Thank you for having him.

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1. The session met my expectations:
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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will try to ~~extra~~ use the portion size experiment with my clients, to impress the importance of being aware of how much they are eating.

5. What was the most valuable aspect of this session?

   understanding the psychology behind why we eat the amounts we consume.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   The presenter has a wonderful personality! Enjoyable presentation!! Great start to the day!

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:

☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?

☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

Share portion size recommendations with clients and community members

5. What was the most valuable aspect of this session?

Specific study results shared

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?

☐ Yes ☒ No

If yes, list name and email for more information:

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2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In my own weight struggles.

5. What was the most valuable aspect of this session?

   his humor

6. What was the least valuable aspect of this session?

   ? hearing comments from the group.

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Very good speaker!!

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2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Helping clients place more fruits & vegetables in convenient & visible place

5. What was the most valuable aspect of this session?

   The Studies

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   Holly Michaels, Hollymichaels29@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will use this with my fiance to see if he loses weight

5. What was the most valuable aspect of this session?

   portion control

6. What was the least valuable aspect of this session?

   Everything was very valuable and the best session so far

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Courtney.womack@fhccp.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great session! Great speaker!

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Session Evaluation

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2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Counseling Recommendations

5. What was the most valuable aspect of this session?

   - Review of studies
   - Videos were great!

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   bcmullen12@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Breakfast Keynote – Let's Eat Mindfully

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   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Wonderful presenter - engaging
   great for a morning session

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   While eating out myself & passing the info on to family & friends

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Excellent presentation

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   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I am going to apply this in my home.

5. What was the most valuable aspect of this session?

   Awesome enjoyable presenter visuals were great

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Decreasing portion sizes.

5. What was the most valuable aspect of this session?

   Seeing the experiments to show people eat less in certain circumstances.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Very engaging. Any mention of Jesus is too many mentions of Jesus. Not appropriate

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   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In my everyday life, and food consumption

5. What was the most valuable aspect of this session?

   The information was relevant.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Very informative and engaging.

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   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will use alot of the tips for my students.

5. What was the most valuable aspect of this session?

   How you speak to people about food and How to present it.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   I Appreciate the way it was presented. The Speaker was very interesting and Delivered Message Clearly

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Use for clients to give tips in
   eating less. I'll also use in personal
   life to share w/ family.

5. What was the most valuable aspect of this session?

   Presentation

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   Anjelica Sanders   Sandersa@einstein.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great presenter.

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

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   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   portion sizes

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Good up to date info

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Very useful information. I can't wait to read the book

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Wonderful

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Canseling in the future

5. What was the most valuable aspect of this session?

   all of the relevant & interesting studies

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   you often said "half" when it looked like
   "3/4" on the graph

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2. The session content was appropriate and informative:

   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?

   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Everyday w/ clients

5. What was the most valuable aspect of this session?

   His charisma which made it easy to listen to

6. What was the least valuable aspect of this session?

   Raisins are gross. But everything was great

7. Would you be interested in attending a longer workshop on this topic?

   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   Sharon Kauffman

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   He was great! His voice sounds kind of like Alan Alda.

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will apply this info within my own eating choices as well as promote it to my friends and family.

5. What was the most valuable aspect of this session?

   The presentation was very engaging and entertaining. The application part of the session was valuable.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   personal & professional life, smaller plates, greater awarness

5. What was the most valuable aspect of this session?

   applicable research & availability

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

   will be attending today

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   very engaging

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will be completing my DI in the next year and I
   am hoping this will be applicable in my work.

5. What was the most valuable aspect of this session?

   The points were direct & to the point and easy
   to be analyze.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

I will be more aware of portion size and share the info with my family

5. What was the most valuable aspect of this session?

ending tips

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes   ☐ No

      If yes, list name and email for more information:

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
　☐ Strongly Agree　　☒ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

2. The session content was appropriate and informative:
　☒ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
　☐ Strongly Agree　　☒ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

　　Examples in Schools.

5. What was the most valuable aspect of this session?

　　Research in glass shape & serving (portion sizes)

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
　☒ Yes　　☐ No
　　If yes, list name and email for more information:

8. Comments or suggestions:
　(Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Having the research to back the info we teach always helps and the examples as well.

5. What was the most valuable aspect of this session?

   The stories made it realistic

6. What was the least valuable aspect of this session?

   a bit of a promotion to fast food.

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   Bfrazer.philasd@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Very entertaining

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Share information with staff

5. What was the most valuable aspect of this session?

   Research w/ telling results

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Buy the book

5. What was the most valuable aspect of this session?

   Personal examples

6. What was the least valuable aspect of this session?

   time

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great presenter

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   Not applicable for low-income individuals

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☒ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☒ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☒ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   This presentation was neither relevant nor accurate. I would like Dr. Painter to consider the systemic reasons that lead to obesity. It has already been proven that obesity and the obesity

7. Would you be interested in attending a longer workshop on this topic? *epidemic*
   ☐ Yes   ☒ No   *is about more*
                            than personal
   If yes, list name and email for more information: *choice.*

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Very easy to underestand and apply what I learned

5. What was the most valuable aspect of this session?
   The TIPs The speaker provided

6. What was the least valuable aspect of this session?
   None

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:
   lfabregas @ ueanr. edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Great Speaker!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   With my staff to help teach mindfulness

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☐ Agree   ☑ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   _____

   _____

   _____

5. What was the most valuable aspect of this session?

   None - I saw this exact same presentation last
   year. He is great -- but almost word for word it
   is the same as last year.

6. What was the least valuable aspect of this session?

   _____

   _____

   _____

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

   _____

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   He is a fantastic presenter -- does he have other
   material to present?

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

_____

_____

_____

5. What was the most valuable aspect of this session?

great, practical info, always entertaining!

6. What was the least valuable aspect of this session?

unfortunately this is the same presentation
as last year (or the previous year)

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

_____

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

_____

_____

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In feeding my grandson, have cut up fruit/veggies visible. Portion sizes for myself

5. What was the most valuable aspect of this session?

   Choose smaller portions
   smaller plates/bowls
   Serve less, less visible,

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   muffinfr@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   - use small plates
   - inconveince myself with unhealthy foods

5. What was the most valuable aspect of this session?

   the study data/ bargraphs

6. What was the least valuable aspect of this session?

   All valuable

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Use small portions w family and kids

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I have purchased smaller plates and working slowly to change at home with my family.

5. What was the most valuable aspect of this session?

   Already heard presentation but over all good topic

6. What was the least valuable aspect of this session?

   N|A

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will use the many ways we increase portions (surroundings, people, plate size)

5. What was the most valuable aspect of this session?

   ~~wh~~   ~~Weight~~

6. What was the least valuable aspect of this session?

   Did not apply to low-income Audiences. Weight focused

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   lhhudov@cecpeoplehelpingpeople.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

Portion Control messages will be helpful.

5. What was the most valuable aspect of this session?

He is a great speaker

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
☐ Yes ☑ No

If yes, list name and email for more information:

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion control

5. What was the most valuable aspect of this session?

   Dr. Pinker was very inspirational and entertaining

6. What was the least valuable aspect of this session?

   N/a

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Thank you for a great opening speaker!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Incorporate the smaller plates, silverware, etc.

5. What was the most valuable aspect of this session?

   It was all very helpful !

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   Rachelle Womack   ruw16@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   He is a FANTASTIC presenter!
   Thank you for your energy and humor.

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

Great!

1. The session met my expectations:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Favorite speaker @ PANEN this year

5. What was the most valuable aspect of this session?

   Dr. Jim Painter - engaging & informative

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Keep Dr. Jim Painter coming back!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I'm going to purchase smaller plates.

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   I've seen the presentation before, but Dr Painter is great!

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will relay many of his anecdotes in my classes

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   Understanding the psychology of portions.

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Tools / tips for eating out →
   Sharing those w/ clients

5. What was the most valuable aspect of this session?

   Seeing the reality of obesity
   issue through maps

6. What was the least valuable aspect of this session?

   Presented @ another conference –

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Thank you for your work – Its
   Important.

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   So far, about portion in US, I will pass the information for my family.

5. What was the most valuable aspect of this session?

   Small plate, small spoon, good point! I am going to try to with my clients!

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Giving clients applicable tools for weight loss

5. What was the most valuable aspect of this session?

   Results of the experiments and their application

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   McKenna Welchans   mw1348@messiah.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In teaching my public health/nutrition students carry out the message

5. What was the most valuable aspect of this session?

   the studies - but the entire presentation was amazing!

6. What was the least valuable aspect of this session?

   Portion size slides that have been cut no 15 years

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Talk more about how people think when it comes to portion sizes, to my participants.

5. What was the most valuable aspect of this session?

   The opportunity to learn more about the psychology behind our food portioning habits.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Holly Seeger - hjs6@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Awesome presenter, kept us laughing, able to relate

Please place the completed evaluation sheet in the box, at the back of the room.

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Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I plan to online the Powerpoint and Applications with my students.

5. What was the most valuable aspect of this session?

   Relatability

6. What was the least valuable aspect of this session?

   Not Long Enough

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☒ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☒ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☒ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   The general concept of portion size.
   Examples of how not to educate.

6. What was the least valuable aspect of this session?

   Simplistic & offensive analogies. Lack of nutritional
   content. Fat-shaming.

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Please don't bring this back.
   This was incredibly disappointing

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ☑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ☑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ☑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   Learning how not to approach weight management, nutrition, prenatal health, or science.

6. What was the least valuable aspect of this session?

   The way the presenter spoke about weight and those who are overweight. Many comments were innappropriate and insensitve.

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Do not invite this presenter back.

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Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will encourage my clients to use smaller plates & bowls.

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Memie Christie mec19@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Anecdotes

5. What was the most valuable aspect of this session?

   The stories

6. What was the least valuable aspect of this session?

   _n/a_

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I plan to use the Ice cream activity w/ my students.

5. What was the most valuable aspect of this session?

   Dr. Painters personality an D love of food portion.

6. What was the least valuable aspect of this session?

   How Can I Apply this to my position as a District Director for KR?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Thank You!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Practical ways to decrease portion sizes

5. What was the most valuable aspect of this session?

   practical ways to decrease portion sizes.

6. What was the least valuable aspect of this session?

   bringing in fat/heart disease discussion as the key bc different talk.

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Well done!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☐ Strongly Agree ☐ Agree ☒ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
☐ Strongly Agree ☐ Agree ☒ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

I will use the plate size discussions

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

failure to mention
failure of American Corporations
to address these issues of
portion size

7. Would you be interested in attending a longer workshop on this topic?
☐ Yes ☒ No

If yes, list name and email for more information:

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

Talk more about cooking & eating
at home rather than corporate feeding
options —

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I would like to use descriptive labelling to increase school lunch consumption.

5. What was the most valuable aspect of this session?

   The graphs showing research results.

6. What was the least valuable aspect of this session?

   The presentation ignored policy & systems components that lead to these phenomena. Also the information was not new to me. Also the connection to mindfulness was minimal.

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   I think it was inappropriate to thank Jesus in a multicultural religiously diverse setting.

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Thinking about Portion Control

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Portion control for students + in personal life.

5. What was the most valuable aspect of this session?
   Speaker was very engaging and relivent

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:
   Elise Coakley   elisercoakley@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   add portion control to my lessons

5. What was the most valuable aspect of this session?

   consumer tips

6. What was the least valuable aspect of this session?

   all good

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ❑ No

   If yes, list name and email for more information:

   veggiequeen11@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Awesome!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

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   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Personal life

5. What was the most valuable aspect of this session?

   The presenter and the topic

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:

    ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:

    ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?

    ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

teaching undergrads – nutrition major +
non - majors)

5. What was the most valuable aspect of this session?

ex- practical examples

6. What was the least valuable aspect of this session?

Some material I had head before

7. Would you be interested in attending a longer workshop on this topic?

    ❏ Yes   ☒ No

    If yes, list name and email for more information:

8. Comments or suggestions:
    (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Pass on tips to clients

5. What was the most valuable aspect of this session?

   Practicality of tips.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Using all 7 steps to educate others + myself on having smaller portion sizes.

5. What was the most valuable aspect of this session?
   the studies presented as evidence

6. What was the least valuable aspect of this session?
   It was all helpful

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
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1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   portion control in personal life

5. What was the most valuable aspect of this session?

   energy of Speaker

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
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1. The session met my expectations:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I plan to use this information in my own life as well as provide this to the individuals I work with.

5. What was the most valuable aspect of this session?

   The research was very helpful & informative

6. What was the least valuable aspect of this session?

   Perhaps moving forward, what can we do to eliminate excessive portions?

7. Would you be interested in attending a longer workshop on this topic?
   - ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Dr. Pointer is a fantastic speaker!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   We may use this info here in our evaluations –

5. What was the most valuable aspect of this session?

   Portion control and other presented concepts are interesting and useful.

6. What was the least valuable aspect of this session?

   Talk about experiments and scientific studies only to end with Jesus?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   I think the religious reference at the end was very inappropriate. ⟶

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Smaller plates to encourage mindfulness to start.

5. What was the most valuable aspect of this session?

   The research studies- very interesting.

6. What was the least valuable aspect of this session?

   Not enough on how to be INTERNALLY mindful-
   too much external cue reliance. Did not enjoy
   the weight stigma comments

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   — Smaller plates
   — Proximity of food
   — Visual cues

5. What was the most valuable aspect of this session?
   — Humor, stories, videos
   — Style – manner

6. What was the least valuable aspect of this session?
   n/a

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:
   Mdisabella @ central pafoodbank.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Thank you!

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree ❑ Agree ☒ Neither ❑ Disagree ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree ❑ Agree ☒ Neither ❑ Disagree ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree ☒ Agree ❑ Neither ❑ Disagree ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   This is all stuff we teach in our lessons already. So, I will use it but I'm not sure who gets the credit

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   I'm not sure how this pertains to access. It would be very offensive of me to talk about portions to people who can't BUY food.

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   – Portion Size
   – Split meals

5. What was the most valuable aspect of this session?
   – Research found from Study

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Smaller Plates, Portion Control

5. What was the most valuable aspect of this session?
   Relatebility, able to apply in real life

6. What was the least valuable aspect of this session?
   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ❏ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Information will be used in assisting partners and maybe eating in further education classes

5. What was the most valuable aspect of this session?

   Structured well and very informative

6. What was the least valuable aspect of this session?

   Would like to know what the future is in this research

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Dr. Painter is amazing and was a great speaker for this program

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?
   Good, Science based information

6. What was the least valuable aspect of this session?
   Ø

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Be very mindful of choices and ~~efforts~~ effects on my diet.

5. What was the most valuable aspect of this session?

   Each idea is equally valuable.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   ◦ express the need to portion size to my middle school students.

5. What was the most valuable aspect of this session?

   experiment results

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Stress more portion control
   in classes + life...

5. What was the most valuable aspect of this session?

   Use Smaller dinnerware
   be Aware

6. What was the least valuable aspect of this session?

   NA

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   This was very dynamic!! Great presentation with awesome information.

5. What was the most valuable aspect of this session?

   Portion size and Video -Very eye opening
   Package Size info -

6. What was the least valuable aspect of this session?

   DNA

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

   rxs76@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Informative & entertaining
   Love that he thanked his Lord Jesus Christ and his interns !!! ☺

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Make healthy foods available

5. What was the most valuable aspect of this session?

   Portion Control

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   - ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Fred Seymour@enstein.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great mix of personal testimony plus info

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
    ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
    ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
    ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
    ☒ Yes   ❑ No
    If yes, list name and email for more information:

8. Comments or suggestions:
    (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ☒ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree   ❏ Agree   ❏ Neither   ☒ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ❏ Agree   ☒ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   Mindful eating was really not discussed at all.

6. What was the least valuable aspect of this session?

   Entirely too much focus on fast food – presenter
   seemed to be encouraging consumption of
   fast food?! Why?

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ☒ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Maybe not have a keynote speaker who is endorsed
   & works c fast food corps.

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Make food less convenient, accessible to deliver an intake

5. What was the most valuable aspect of this session?

   Mindful eating

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
    ❑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
    ❑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
    ❑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
    ❑ Yes   ❑ No

    If yes, list name and email for more information:

8. Comments or suggestions:
    (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ✓Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ✓Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ✓Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Weight does not = Health

5. What was the most valuable aspect of this session?

   this was inaccurate, & detrimental

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Please don't invite back people who recommend exclusively Portion Control as a Pathway to Health

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
    ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
    ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
    ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

use the portion control info for diabetes

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
    ☑ Yes   ❑ No

    If yes, list name and email for more information:

8. Comments or suggestions:
    (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes   ☐ No

If yes, list name and email for more information:
lum27 @ PSU · edu

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)
Thank you for speaking TRUTH!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

Dr. Painter

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree ·   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion control is key + use humor to spread the word

5. What was the most valuable aspect of this session?

   The science of comsumption explained with a taste of humor

6. What was the least valuable aspect of this session? was digeted + I was full of knowledge

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   @ awesome !

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will teach this info in my adult nutrition classes

5. What was the most valuable aspect of this session?

   - Plate/bowl size portion distortion
   - placement of food in fridge

6. What was the least valuable aspect of this session?

   - N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   [handwritten] within are vals hecgest

5. What was the most valuable aspect of this session?

   [handwritten] Slides baby ypth chms

6. What was the least valuable aspect of this session?

   [handwritten] The presentation was on mindfulness not on patient control markets markedly

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   [handwritten] Maybe start promoting Health At Every size with comments that body size

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree ☒ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Counsel Clients

5. What was the most valuable aspect of this session?

   Good Information

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Use info to guide counseling/educational sessions w/ clients

5. What was the most valuable aspect of this session?

   Not new information but presented in such a great, entertaining way. Loved hearing about the different studies.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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   Great presenter, great information

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2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Be more aware of patins

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Good information but some of the maps, portion-control info is dated

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2. The session content was appropriate and informative:
  ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
  ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

  Research – very interesting

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
  ☑ Yes   ❑ No

    If yes, list name and email for more information:

8. Comments or suggestions:
  (Additional Comments or suggestions can be written on the back of this form.)

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2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☒ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☒ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   This information does not directly correlate to the SNAP population and puts blame on the individual rather than working on systemic issues of food insecurity, fresh fruit and

7. Would you be interested in attending a longer workshop on this topic? veggies.
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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2. The session content was appropriate and informative:
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   When teaching Diabetes Sessions to clients this will help to talk about portion sizes

5. What was the most valuable aspect of this session?

   Different experiments to show research points.

6. What was the least valuable aspect of this session?

   All was good

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Comparisons of different Cultures on food portions consumed

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2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Understanding plate sizing for clients & reinforcing the simplicity of plate sizes.

5. What was the most valuable aspect of this session?

   New of all the studies.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   No need for Jesus reference.

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Session Evaluation

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Breakfast Keynote – Let's Eat Mindfully

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   ❏ Strongly Agree ❏ Agree ❏ Neither ☑ Disagree ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ❏ Strongly Agree ☑ Agree ❏ Neither ❏ Disagree ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree ❏ Agree ❏ Neither ❏ Disagree ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   _____

   _____

   _____

5. What was the most valuable aspect of this session?

   _____

   _____

   _____

6. What was the least valuable aspect of this session?

   _____

   _____

   _____

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ❏ No

   If yes, list name and email for more information:

   _____

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   He gave this lecture before -

   _____

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2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☑ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Already Knew

5. What was the most valuable aspect of this session?

   Speaker

6. What was the least valuable aspect of this session?

   Repeat Information

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Include information in my presentations at work

5. What was the most valuable aspect of this session?

   Relatable, Research based

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

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3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

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3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Mindful eating is very relevant right now and I talk about portion size a lot in my community nutrition class

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

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3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   My personal life / when talking to parents

5. What was the most valuable aspect of this session?

   Great speaker, the data about portion-size

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ❑ No

   If yes, list name and email for more information:

   Melissa Kowalczyk   melkow4@gmail.com

8. Comments or suggestions:
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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree
   Very likely   Likely/Somewhat   Somewhat unlikely   Very unlikely

4. In what way(s) will you apply the information presented in this session?

   Teaching undergrads

5. What was the most valuable aspect of this session?

   Presentation of research studies

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

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2. The session content was appropriate and informative:
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3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   The tips for portion control / mindful eating will be helpful for my client

5. What was the most valuable aspect of this session?

   It was very engaging & the info was very interesting & relevant

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Change my slides for statewide program

5. What was the most valuable aspect of this session?

   everything!

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

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   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   use smaller plates
   pass information on to
   presenters

5. What was the most valuable aspect of this session?

   evidence portion misconceptions
   impact amount
   consumed.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   use w/ my nutrition educator staff

5. What was the most valuable aspect of this session?

   easy to implement suggestions

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❏ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Please leave announcements re:
   religious beliefs aside - This is not the
   place.

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2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
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3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Use in our PSE nutrition work w/ children

5. What was the most valuable aspect of this session?

   Clear tips + research-based evidence

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Sarah Sheppard   swoods@fbd.org

8. Comments or suggestions:
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   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will apply it in my personal life. In the classroom I will ~~~~ work with participants to give them new ideas.

5. What was the most valuable aspect of this session?

   Smaller plates, taller thin glasses. love his past talk. I feel so happy that he shared his faith.

6. What was the least valuable aspect of this session?

   I have heard speaker before use his lessons in life already. Teach his ideas currently. Would love to hear more on Cholestrol heart disease.

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes ☐ No

   If yes, list name and email for more information:

   Cynthia Clayton   gatorgirl17801@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   great public speaker.

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2. The session content was appropriate and informative:
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3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

What a great presentation. Kept you on the edge of your seat

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

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2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   talk more about portions

5. What was the most valuable aspect of this session?

   all good

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Humor keeps everyone engaged.

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2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Hopefully gt the Book → distribute to Clients

5. What was the most valuable aspect of this session?

   Usbility & Convenience

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion Control

5. What was the most valuable aspect of this session?

   How to change portions and
   eat less without even realizing
   it

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   Brittany Nunemaker   Bnunemaker@cco
   ofpa.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Very energetic speaker Really Kept
   my attention

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I believe any nutrition professional could apply the core principles presented today in their practice.

5. What was the most valuable aspect of this session?

   The importance of not only portion control, but the behavior/psychological aspect of nutrition regarding serving size and being overweight

6. What was the least valuable aspect of this session?

   NA

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes ☐ No

   If yes, list name and email for more information:

   buchmoyer@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great presentation, applicable + interesting

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will use these ideas in my personal life & also in my work when talking to clients/participants about portion control.

5. What was the most valuable aspect of this session?

   Stories of Jim's studies & family's were relevant, funny & helpful to & support ideas.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   Caitlin Jennings · cjennings@phmc.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I'm going to try to bring mindful eating into my nutrition ed sessions

5. What was the most valuable aspect of this session?

   The soup story + ice cream story "making things more convenient makes people eat more of it"

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   Ciara Morales   cimorales@phmc.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☐ Agree   ☒ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☒ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   N/A

6. What was the least valuable aspect of this session?

   trying to eat healthy

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   Geny Roberson   grob ψ802@gmail.com.

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Great

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:

   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:

   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?

   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will use this in everyday life when speaking to friends.

5. What was the most valuable aspect of this session?

   Informative + easy to implement tips

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?

   ☑ Yes   ❏ No

   If yes, list name and email for more information:

   Caitlyn Bacon   caitlynbacon22@gmail

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Absolutely love eating mindfully! Portion size is important & will be talking to kids / family.

5. What was the most valuable aspect of this session?

   Comment → Also Love how you tied in food eating to knowing the truth! Thank you! :)

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   - ☑ Yes   ☐ No

   If yes, list name and email for more information:

   masher_samantha @ yahoo.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☒ Strongly Agree
   - ☐ Agree
   - ☐ Neither
   - ☐ Disagree
   - ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☒ Strongly Agree
   - ☐ Agree
   - ☐ Neither
   - ☐ Disagree
   - ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☒ Strongly Agree
   - ☐ Agree
   - ☐ Neither
   - ☐ Disagree
   - ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   As a clinical dietitian, I will definitely use this presentation and it's tips for those trying to loose weight

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   - ☐ Yes
   - ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   This was a great review of how visual cues do so much when looking at consumption.

5. What was the most valuable aspect of this session?

   Understanding how portion sizes can be applied to even fast foods.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Alicia Leitch   arleitch2@gmail.com

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Try to reduce portions in my own life

5. What was the most valuable aspect of this session?

   A lot of eye opening information!

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   hum157@psu.edu Heather McCarthy

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Awesome!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I need to lose weight so will use smaller plates.

5. What was the most valuable aspect of this session?

   all of it

6. What was the least valuable aspect of this session?

   nothing all good

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   very good speaker

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☑ Strongly Agree
   - ❑ Agree
   - ❑ Neither
   - ❑ Disagree
   - ❑ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ Strongly Agree
   - ❑ Agree
   - ❑ Neither
   - ❑ Disagree
   - ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ Strongly Agree
   - ❑ Agree
   - ❑ Neither
   - ❑ Disagree
   - ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   Real life application of research
   received the slides in PDF format to review

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   - ☑ Yes
   - ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Before I concern myself with reducing anything
   I will do everything to INCREASE
   Healthy foods

5. What was the most valuable aspect of this session?

   Buying smaller sizes to pour from - because
   I am buying large value packages now

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:

   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:

   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?

   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Talking about portion control with adult populations

5. What was the most valuable aspect of this session?

   the real research studies, making healthy foods visible + convenient

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?

   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Portion distortion is real. Great info to take back to my clients.

5. What was the most valuable aspect of this session?
   All relevant and interesting information. Best speaker @ conference.

6. What was the least valuable aspect of this session?
   n/a

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes ☐ No
   If yes, list name and email for more information:
   mhartman@caplan.c.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion control, more than what is eaten, is
   the most important lesson for our clients.

5. What was the most valuable aspect of this session?

   The studies + examples.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:
   wxd85@psu.edu → Whitney DePowell, MPH

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Jim Painter never disappoints! Very
   entertaining + informative, as always.

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   - ☑ **Strongly Agree**   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   - ☑ **Strongly Agree**   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   - ☑ **Strongly Agree**   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   adding descriptive words to vegetables

5. What was the most valuable aspect of this session?

   discussion on changing plate/bowl utensil sizes

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   - ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   fantastic speaker

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No.

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

portum size

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes ☐ No

If yes, list name and email for more information:

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will teach participants ways to manage portion sizes.

5. What was the most valuable aspect of this session?

   Portion discussion.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:

   Cbs20 @ psu, edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Entertaining presentation.

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion sizes

5. What was the most valuable aspect of this session?

   Statistics presented in the articles/studies used.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☒ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   As a future Registered Dietitian. When working with patients

5. What was the most valuable aspect of this session?
   loved all the research presented. great speaker.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   wasn't very sensitive to food insecurity or towards disordered eating habits

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   Portion Size or Pation Control.

5. What was the most valuable aspect of this session?
   Videos → Portion Size MW.

6. What was the least valuable aspect of this session?
   Ø

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ☐ No

   If yes, list name and email for more information:
   MFortune@CeoPeoplehelpingPeople.Org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)
   Very good! Very humorus! Engaging the entire time!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   My portion will go down!

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   N/a

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   He was awsome!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   I will show clients how to eat less by using smaller plates & becoming more aware of portion size.

5. What was the most valuable aspect of this session?

   Tips to eat less w/out being aware of it.

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Awesome presentation !

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☒ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☒ Yes   ❑ No
   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Use smaller plates, pay closer attention to portion sizes

5. What was the most valuable aspect of this session?

   This is all information that everyone can relate to. If you see it you will eat it.

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

   Kimberly Clark kcfoodbasket@comcast.net

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree ❑ Agree ❑ Neither ❑ Disagree ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree ❑ Agree ❑ Neither ❑ Disagree ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree ❑ Agree ❑ Neither ❑ Disagree ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   To teach about Packaging and Potion Control.

5. What was the most valuable aspect of this session?

   We eat Visually

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❑ No

   If yes, list name and email for more information:

   Sherri Lynn   S/ foodbasket @ Comcast. Net

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Try to help my participants understand how to control their portions

5. What was the most valuable aspect of this session?

   The fact that the students lost weight during their fast food experiment — very interesting — Portion ... Size Me

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❑ No

   If yes, list name and email for more information:
   JUM24@psu.edu

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

Include the things I learned in our classes & work

5. What was the most valuable aspect of this session?

How we look at the food we eat

6. What was the least valuable aspect of this session?

truly

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes ☐ No

If yes, list name and email for more information:

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

He is wonderful

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   portion sizes, smaller plates, share with my group.

5. What was the most valuable aspect of this session?
   Make learning fun, Laughter the Best Nutrient. ☺ Dr. Painter great session

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
☑ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

2. The session content was appropriate and informative:
☑ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
☑ Strongly Agree　　☐ Agree　　☐ Neither　　☐ Disagree　　☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

I already use smaller portions & lost weight

5. What was the most valuable aspect of this session?

the empty bowl theory – how true it is.

6. What was the least valuable aspect of this session?

n/a

7. Would you be interested in attending a longer workshop on this topic?
☑ Yes　　☐ No

If yes, list name and email for more information:
Kab62@psu.edu

8. Comments or suggestions:
(Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ✓ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ✓ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ✓ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Portion size + control with clients

5. What was the most valuable aspect of this session?

   Very engaging + entertaining presentation!

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ✓ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Maybe dont thank "the Lord Jesus Christ..." in a
   Nutrition Education setting!!!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   - Stress portion size in lessons.
   - Use principles

5. What was the most valuable aspect of this session?

   Powerpoints

6. What was the least valuable aspect of this session?

   N/A

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:
   Jackie Saez   Jackie@sundaysuppersphilly.org.

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   - *Relevance*

5. What was the most valuable aspect of this session?

   [handwritten, illegible]

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❏ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ❏ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❏ Strongly Agree   ☑ Agree   ❏ Neither   ❏ Disagree   ❏ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   You can still eat in fast foods and lose weight. Watch the portion size. Ex. smaller plate/bowl

5. What was the most valuable aspect of this session?

   You can eat anything you want, but be mindful

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❏ No

   If yes, list name and email for more information:
   Yen Yeam , yyeam@phmc.org

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree ☑ Agree ☐ Neither ☐ Disagree ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☐ Agree ☐ Neither ☑ Disagree ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

   Portion control by the size of the plates

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☑ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree ☐ Agree ☐ Neither ☐ Disagree ☑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   The session was inappropriate for the SNAP-eligible community and diminished the issues they face about food security and nutrition

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In Classroom

5. What was the most valuable aspect of this session?

   Portion Sizes

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   In sight vs. out of sight
   Food   Visual cues
   to my husband

5. What was the most valuable aspect of this session?

   Visual cues

6. What was the least valuable aspect of this session?

   None

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Challenge patients to change serving ware

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☑ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   Information on Portion size can be used to give Suggestions to parents @ caregiver cooking classes @ schools.

5. What was the most valuable aspect of this session?

   Information on suggestions for sensible portion size

6. What was the least valuable aspect of this session?

   I think I attended this session last year but he is wonderful and it is good to hear the information again.

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☑ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☐ Agree   ☐ Neither   ☑ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☐ Agree   ☑ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   I'll do better research and refuse to tell people to develop disordered eating patterns in the name of "health" and "obesity prevention"

5. What was the most valuable aspect of this session?
   The end, when he mentioned the cholesterol myth and egg yolks

6. What was the least valuable aspect of this session?
   "Eat less and you'll lose weight" is too simple a solution when discussing obesity prevention

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☑ Strongly Agree   ☐ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?
   For the Adults I Provide Nutrition Ed. For — Portion Size

5. What was the most valuable aspect of this session?
   Size of your Utensils

6. What was the least valuable aspect of this session?
   ?

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ☐ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

   Excellent!

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☑ Strongly Agree   ❑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

7. Would you be interested in attending a longer workshop on this topic?
   ❑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

Session Evaluation

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

2. The session content was appropriate and informative:
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ❑ Strongly Agree   ☑ Agree   ❑ Neither   ❑ Disagree   ❑ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

   aware of how you present food
   aware of portion sizes

5. What was the most valuable aspect of this session?

   great visuals
   humor
   great information

6. What was the least valuable aspect of this session?

   information that is already know
   he spoke last year with the same
   message

7. Would you be interested in attending a longer workshop on this topic?
   ☑ Yes   ❑ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.

SESSION TITLE:
Breakfast Keynote – Let's Eat Mindfully

1. The session met my expectations:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

2. The session content was appropriate and informative:
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

3. How likely are you to use what you learned today within the next 6 months?
   ☐ Strongly Agree   ☒ Agree   ☐ Neither   ☐ Disagree   ☐ Strongly Disagree

4. In what way(s) will you apply the information presented in this session?

5. What was the most valuable aspect of this session?

6. What was the least valuable aspect of this session?

   Don't bring God into this. This isn't a religious conference. We aren't here to hear that.

7. Would you be interested in attending a longer workshop on this topic?
   ☐ Yes   ☒ No

   If yes, list name and email for more information:

8. Comments or suggestions:
   (Additional Comments or suggestions can be written on the back of this form.)

Please place the completed evaluation sheet in the box, at the back of the room.