

Progress Evaluation

Completion of a progress evaluation is required every six weeks. Information collected is combined to generate reports on groups of users (like those sharing a ZIP code) and will never be personally attributed to any user.

progress evaluation

Every six weeks, AOM requests you complete a brief evaluation to help us measure the effectiveness of our program. Your responses will be aggregated with other user responses for evaluation and reporting purposes. Please take a moment to complete the following questions.

Current Weight (pounds):

How many days per week do you set aside time to do physical activity (walking, bicycling, swimming, etc.)?

Has your participation in the AOM program motivated you to improve your daily physical activity levels? Yes No

How many days per week did you choose to decrease your caloric intake by making "small changes" in your eating habits?

Has your participation in the AOM program motivated you to improve your daily eating pattern (choosing more whole grains, low fat dairy, fruits, vegetables, etc.)? Yes No

Are you currently participating in the AOM social network? Yes No

How many people have you told about AOM?