Please circle the answer that best matches how you feel about today's talk.

1. How much did you like today's ROSE lesson?
   - I liked it a lot
   - I liked it
   - In the Middle
   - I didn't like it
   - I really didn't like it

2. How interesting was today's lesson?
   - Very Interesting
   - Interesting
   - OK
   - Boring
   - Very Boring

3. Was this lesson useful to you?
   - Very
   - Somewhat
   - Not At All
   - (In the middle)

4. How would you describe your health? My health right now is:
   - Excellent
   - Very Good
   - Good
   - Not So Good
   - Bad

5. Do you consider yourself fat around the waist?
   - Very
   - Somewhat
   - Not At All
   - (In the middle)

6. List 3 things you learned from today's lesson.
   1) ________________________________________________________________
   2) ________________________________________________________________
   3) ________________________________________________________________

7. What do you plan to do to be healthy?
   1) ________________________________________________________________
   2) ________________________________________________________________
   3) ________________________________________________________________

8. How sure are you that you will make a healthy change?
   - Very Sure
   - Kind of Sure
   - Not Sure

9. Are you going to tell your family about what you learned today?
   a. Yes
   b. No