



Your path to fitness, fun and adventure

EVALUATION

Please tell us what you think of the program.

1. How did you travel the trails?

Walk/Hike Bike Horse Skates/Blades
Stroller Wheelchair Dogs on Leash

2. List your favorite trails & parks:

3. Was the *Trails Guidebook* helpful & fun?

Very helpful Helpful A little helpful Not helpful

Comment:

4. How did you like the health tips contained in the booklet?

5. Have you used any health tips?

Yes ____ No ____

6. How did you hear about the Healthy Trails Challenge?

County Parks Website (www.parkhere.org)

Healthy Trails flyer

Newspaper

Radio/TV

Family or friend

Kaiser Permanente San Jose

Santa Clara County Public Health Department

Other

7. How can we improve the program?

Log & evaluation can be downloaded from:
www.parkhere.org Click on Healthy Trails.

Fax to: (408) 355-2290, or

Mail to: Santa Clara County Parks
Healthy Trails Program
298 Garden Hill Drive
Los Gatos, CA 95032-7669