longevity in action

post-program survey

Please take a moment to fill out the post-program survey for **Longevity in Action***.* We would greatly appreciate your honest opinion of what best describes you for the questions below.

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| **QUESTION** | **RESPONSE** (PLEASE CIRCLE BEST OPTION) |
| **I feel confident in my ability to bounce back from stressful situations.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I learn new things and challenge my brain.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I have regular, meaningful social interactions.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I proactively minimize my risks for illness or injury.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I get out of my comfort zone and try new things.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I regularly do things just for fun.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I manage the stress of daily life.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I feel limited by my age.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I think about things other than what I am currently doing.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **My life has a strong sense of purpose.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I have interactions with children.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |
| **I laugh on a daily basis.** | Strongly Disagree | Disagree | Neither agree nor disagree | Agree | Strongly Agree |