

1. The Crews Into Shape helped me improve:

	agree	neither agree nor disagree	disagree	Response Count
My daily intake of fruit	87.7% (393)	10.7% (48)	1.6% (7)	448
My daily intake of vegetables	86.5% (386)	11.4% (51)	2.0% (9)	446
My daily physical activity	80.6% (357)	16.7% (74)	2.7% (12)	443
My comments about the Crews Into Shape:				245
answered question				448
skipped question				1

2. My duty status is:

		Response Percent	Response Count
DoD active duty		14.3%	64
DoD reserve or national guard		7.8%	35
DoD family member		7.8%	35
DoD civilian		53.8%	241
DoD contractor		8.0%	36
Other		8.3%	37
answered question			448
skipped question			1

3. My service affiliation is best described as:

		Response Percent	Response Count
Army		0.9%	4
Navy		60.9%	272
Marine Corps		21.0%	94
Air Force Coast Gaurd		3.8%	17
Other DoD		8.1%	36
Non-DoD		5.4%	24
answered question			447
skipped question			2

4. My age range is:

		Response Percent	Response Count
0-16		0.0%	0
17-19		0.0%	0
20-29		13.6%	61
30-39		24.6%	110
40-49		28.6%	128
50-59		25.9%	116
60-99		7.4%	33
answered question			448
skipped question			1

5. My gender is

		Response Percent	Response Count
male		28.4%	126
female		71.6%	318
answered question			444
skipped question			5

Q1. The Crews Into Shape helped me improve:

1	Great way to accomplish goals in a team setting	Feb 21, 2011 6:33 PM
2	prety good thing	Feb 27, 2011 11:44 AM
3	Good Program to get employees interested in eating healthy and becoming more physically active.	Mar 1, 2011 11:51 AM
4	starting this month and ending with a bang!	Mar 3, 2011 1:17 PM
5	It makes the people healthy and health concious.	Mar 4, 2011 12:25 PM
6	Already exercising regularly, but helped focus on diet.	Mar 11, 2011 8:37 PM
7	great program, helps me be healthier, now I feel weird if I don't do exercise or eat healty!	Mar 30, 2011 4:24 PM
8	Already on a program	Mar 31, 2011 5:14 PM
9	I experienced severe morning sickness during the majority of the program and was unable to fully reap the benefits of Crews Into Shape as a result.	Apr 1, 2011 6:44 AM
10	Great team building exercise	Apr 1, 2011 7:00 AM
11	it motivated me to excercise more	Apr 1, 2011 7:14 AM
12	I was already good with fruit/veggie intake, but had I not been, it would have helped.	Apr 1, 2011 7:37 AM
13	This was a great motivational event that helped all of us be more aware of healthy eating and the need for regular exercise.	Apr 1, 2011 8:00 AM
14	It was a great program. It encouraged me to eat better and exercise more. I think the 3 hours of exercise time a week during working hours was a great motivator.	Apr 1, 2011 8:09 AM
15	A great program to help motivate you to improve your health	Apr 1, 2011 8:16 AM
16	I AM INVOLVED IN A WEIGHT PROGRAM AND I HAD ISSUES WITH FRUIT INTAKE AND THIS PROGRAM MADE ME AWARE OF MY INTAKE.	Apr 1, 2011 9:51 AM
17	Being in teams was very motivational. The scoring and turning in the weekly logs kept me motivated to eat right and exercise.	Apr 1, 2011 10:20 AM
18	Wonderful program!	Apr 1, 2011 11:07 AM
19	I enjoyed being social while exercising very much, and think it's a good idea to continue logging my veggie/fruit intake.	Apr 1, 2011 11:13 AM
20	overall it was a good program to get me back into eating healthier and being more active.	Apr 1, 2011 12:28 PM
21	It's ok.	Apr 3, 2011 7:24 AM
22	The challenge actual enforces accountability - documenting physical activity, fruit and veggies intake - thanks	Apr 3, 2011 6:36 PM

Q1. The Crews Into Shape helped me improve:

23	Great program! It was a lot of fun to work with everyone in the office and to keep everyone motivated! Look forward to continuing this on in the future! Thanks!	Apr 3, 2011 6:46 PM
24	helped me be more consious about exercising	Apr 3, 2011 7:14 PM
25	I hope I can continue these goals throughout the rest of the year!	Apr 3, 2011 8:45 PM
26	Great idea.	Apr 3, 2011 9:37 PM
27	Great program and good team building activity	Apr 3, 2011 9:56 PM
28	I think this was awesome!!! I will surely participate again when it comes around...	Apr 3, 2011 10:00 PM
29	Excellent program and incentive to get on the path of good health and fitness.	Apr 3, 2011 10:11 PM
30	:)	Apr 3, 2011 10:23 PM
31	:)	Apr 3, 2011 10:23 PM
32	No comments	Apr 3, 2011 10:41 PM
33	I enjoyed this plan. It really made me pay attention to my eating habits and i made it a point to workout because i knew i had a end goal. I would definitely do it again.	Apr 3, 2011 11:31 PM
34	It was awesome fun!! I am glad that I got to participate and enjoy some friendly competition!	Apr 3, 2011 11:54 PM
35	fun way to encourage healthy lifestyles	Apr 4, 2011 2:46 AM
36	Thoroughly enjoyed the program - it really helped us re-shape not only my own eating habits but our family meals as well!	Apr 4, 2011 3:00 AM
37	Wow! What a great way to help get us motivated and become focus on eating healthier and excercising. Thank you so much!!	Apr 4, 2011 4:24 AM
38	nice to other people doing the same as me	Apr 4, 2011 4:26 AM
39	Good program	Apr 4, 2011 4:36 AM
40	although I didn't get to use the 59 minutes 3 times a week on a consistent basis due to work commitments, I'm glad it was available for the days that I could get away	Apr 4, 2011 4:42 AM
41	This program is great; sometimes it is hard to get the phycial activity in along with the increase in vegetables. But, overall I love the program because it made me a more conscious eater!	Apr 4, 2011 4:48 AM
42	Glas it is over.	Apr 4, 2011 4:52 AM
43	Glad it is over.	Apr 4, 2011 4:54 AM
44	Challenging but great fun!	Apr 4, 2011 5:09 AM

Q1. The Crews Into Shape helped me improve:

45	challenging but great fun (may be duplicate; received error message for first submission)	Apr 4, 2011 5:12 AM
46	Excellent motivation to eat healthy and exercise!	Apr 4, 2011 5:34 AM
47	Great motivator	Apr 4, 2011 5:39 AM
48	Sounded simple but in fact the program was very difficult for me to follow!	Apr 4, 2011 5:52 AM
49	Helped me feel better and got me motivated.	Apr 4, 2011 6:09 AM
50	Made me more aware of the importance of eating fruit/veg to maintain regular.	Apr 4, 2011 6:22 AM
51	I enjoy doing this every year	Apr 4, 2011 6:23 AM
52	A crew into shape is a good activity to relieve stress and be physically healthy. I wish we could do it at least 30 minutes every day or at least 3 times a week, so that everybody can participate only if they register. Just plain walking for 30 minutes is already good for your health and way of relieving stress at work.	Apr 4, 2011 6:25 AM
53	Got me thinking about changing up lifestyle changes	Apr 4, 2011 6:33 AM
54	Love doing the program each year!!!	Apr 4, 2011 6:45 AM
55	great little program to make you THINK about doing what you should already be doing;-)	Apr 4, 2011 6:45 AM
56	I've always found it more effective when trying to lose weight or improve fitness to set a goal and have other persons working with you on similar fitness goals. The support/competition keeps motivation higher. I know my weakness is portions control and better diet when it comes to eating. I do much better on the physical activity requirements.	Apr 4, 2011 6:49 AM
57	it's good as long as everyone is focusing on making lifetime changes otherwise in my opinion they're wasting their time	Apr 4, 2011 6:56 AM
58	I realize that I do a lot of things right!	Apr 4, 2011 6:59 AM
59	This was my first time participating in Crews Into Shape. It was very insightful and helped me to be more mindful of my food intake. Awesome program!! Would have liked it last longer.	Apr 4, 2011 7:01 AM
60	I love this program every year it comes out, motivating me for summer activities and fun!	Apr 4, 2011 7:02 AM
61	it is a good program for people who are serious and sincere about making a change in their eating habits.	Apr 4, 2011 7:04 AM
62	Great Program!	Apr 4, 2011 7:08 AM
63	I enjoyed the group accountability!	Apr 4, 2011 7:08 AM
64	Love the group accountability and doing Zumba together!	Apr 4, 2011 7:09 AM
65	Love the program.	Apr 4, 2011 7:11 AM

Q1. The Crews Into Shape helped me improve:

66	I think my biggest challenge was to eat fruit everyday..	Apr 4, 2011 7:17 AM
67	I love everytime we have Crews into Shape, it motivates me to watch what i eat and get much more physical activities in my life, we have a great support team.	Apr 4, 2011 7:27 AM
68	I am very active and try to eat healthy as is, but crews pt is a good program for the masses.	Apr 4, 2011 7:28 AM
69	Good program for accountability and tracking of progress	Apr 4, 2011 7:31 AM
70	great program, eager to do it again next year	Apr 4, 2011 7:32 AM
71	I like the fact that you get support from your teammates. I will do it again next year.	Apr 4, 2011 7:37 AM
72	Helped me keep track of what I was eating.	Apr 4, 2011 7:49 AM
73	In order for this to work people have to really be willing to take the time to log everything they do.	Apr 4, 2011 8:19 AM
74	Loved it - it encourages team spirit	Apr 4, 2011 8:25 AM
75	ENJOYED THE GROUP ACCOUNTABILITY AND ZUMBA	Apr 4, 2011 8:25 AM
76	loved it - inspired me. loved my team - per kathy thomas	Apr 4, 2011 8:29 AM
77	I love this program, it motivates me to eat healthier, do physical activities. With the support we have from our group, it's fun and eventful.	Apr 4, 2011 8:30 AM
78	very difficult to eat 5 cups of fruit and veges daily - recommend using the dietary guidelines for future years.	Apr 4, 2011 8:32 AM
79	I LOST A TOTAL OF 3.75 POUNDS	Apr 4, 2011 8:36 AM
80	Definately very hard to get 100% with a large team	Apr 4, 2011 8:49 AM
81	Found the team much more supportive than expected, great fun.	Apr 4, 2011 8:50 AM
82	got me striving to eat more fruit and veg.	Apr 4, 2011 8:56 AM
83	this made me focus on my health more intently	Apr 4, 2011 8:56 AM
84	Wanting to reach 100% for the team, I was more aware of what I was eating and ensuring that I exercised every chance that I could.	Apr 4, 2011 9:06 AM
85	Great idea - it got me back on track	Apr 4, 2011 9:09 AM
86	Great program, needs more visability and teams!	Apr 4, 2011 9:13 AM
87	Why does error message keep popping up & then it goes straight to home page of Crews Into Shape?	Apr 4, 2011 9:14 AM
88	I	Apr 4, 2011 9:35 AM
89	It was a great way to monitor daily diet and exercise.	Apr 4, 2011 9:45 AM

Q1. The Crews Into Shape helped me improve:

90	I loved my crew we were motivating each other daily.	Apr 4, 2011 9:49 AM
91	loved Mrs. Afarin! great motivator :)	Apr 4, 2011 9:58 AM
92	It was helpful having people to provide support throughout the event	Apr 4, 2011 10:09 AM
93	Great Program..	Apr 4, 2011 10:17 AM
94	It was fun and I now eat a little better and am more active after participating in this program.	Apr 4, 2011 10:27 AM
95	Had a blast, even got my family living a little healthier.	Apr 4, 2011 10:42 AM
96	It was a great opportunity for myself and fellow co-workers to interact on another level.	Apr 4, 2011 11:08 AM
97	I loved my crew we were motivating each other daily.	Apr 4, 2011 11:24 AM
98	Was very enjoyable and I am still doing all of it today.	Apr 4, 2011 11:37 AM
99	Great program. Motivated me and co-workers to walk/go to gym and share healthy recipes. Feel that it improved my productivity as well.	Apr 4, 2011 11:37 AM
100	great opportunity to get exercise in during the work day!	Apr 4, 2011 12:28 PM
101	LOVE IT	Apr 4, 2011 12:42 PM
102	Great program! I wish it lasted all year.	Apr 4, 2011 12:51 PM
103	loved the support group	Apr 4, 2011 12:52 PM
104	Writing down my daily intake of fruits/vegetables	Apr 4, 2011 1:01 PM
105	It helps to do this as a group.	Apr 4, 2011 1:58 PM
106	Love it!	Apr 4, 2011 2:57 PM
107	It was a challenge to meet my daily vegetable intake, but the other crew members helped to improve my diet.	Apr 4, 2011 3:08 PM
108	none	Apr 4, 2011 3:49 PM
109	Its more fun when a group of people are trying to accomplish a similar task together however the manual was not user friendly.	Apr 4, 2011 3:49 PM
110	Positive peer pressure!!	Apr 4, 2011 6:32 PM
111	It's a great activity to increase awareness and help change habits with support of your team members.	Apr 4, 2011 6:56 PM
112	A great fun way to get individuals to increase their fruits and vegetable---doing it via group support!	Apr 4, 2011 7:22 PM
113	Great first time experience!	Apr 4, 2011 10:59 PM

Q1. The Crews Into Shape helped me improve:

114	having a commitment really helped me stay on track. I often found my self making every effort to get my exercise in. my food preferences have changed and they are changes that I can continue	Apr 5, 2011 3:28 AM
115	A great program that helps promote health and togetherness. Really enjoyed the activity	Apr 5, 2011 4:14 AM
116	It was a lot of fun !	Apr 5, 2011 4:43 AM
117	I had so much fun !	Apr 5, 2011 4:44 AM
118	Crews into shape is a great tool to assist people wanting to get into shape.	Apr 5, 2011 4:45 AM
119	AWESOME!! WE had a blsat this year and look forward to it again next year.	Apr 5, 2011 5:13 AM
120	although I didn't do as good as I wanted to, I still did good.	Apr 5, 2011 5:14 AM
121	This was rough! I didn't realize how unhealthy I was eating. Thanks!	Apr 5, 2011 5:15 AM
122	It was a great experience and made me more food concious	Apr 5, 2011 5:24 AM
123	This was great. I plan to continue the program. I think i'll get my husband to try it.	Apr 5, 2011 5:31 AM
124	I realized where my areas for improvement lie, and that keeping a journal is a habit that is very important.	Apr 5, 2011 5:34 AM
125	Good program, everything relies on self reporting i.e. honesty. Promotes reliance in the individual	Apr 5, 2011 5:56 AM
126	The Crews into Shape Challenge really helped me to get focused on my weight loss and making better food choices.	Apr 5, 2011 6:13 AM
127	The Crews into Shape Challenge helped me to focus on my weight loss and to make healthier food choices.	Apr 5, 2011 6:16 AM
128	I actually gained weight. I need to concentrate more on physical activity than food intake.	Apr 5, 2011 6:24 AM
129	Is a really good way to get to know your co-workers and also helping them get motivated to workout regularly.	Apr 5, 2011 6:41 AM
130	It was a very nice program and felt good to be a part of a team	Apr 5, 2011 6:42 AM
131	Great	Apr 5, 2011 6:46 AM
132	Is a really good way to get to know your co-workers and also helping them get motivated to workout regularly.	Apr 5, 2011 6:48 AM
133	Is a really good way to get to know your co-workers and also helping them get motivated to workout regularly.	Apr 5, 2011 6:49 AM
134	Is a really good way to get to know your co-workers and also helping them get motivated to workout regularly.	Apr 5, 2011 6:52 AM

Q1. The Crews Into Shape helped me improve:

135	I am much better off physically, mentally, and spiritually. I am also more aware of how important it is to take care of yourself, daily.	Apr 5, 2011 6:55 AM
136	I'm vegetarian	Apr 5, 2011 7:27 AM
137	I really like this event. It really brings reality to your every day eating and exercising habits. A+ event as it has helped me learn new ideas for food to prepare and has allowed me to lose double what I set out for.	Apr 5, 2011 7:30 AM
138	Good program, maybe it should be 3 months instead of 4 weeks	Apr 5, 2011 7:30 AM
139	It was good to monitor my daily intake and make improvements in my lifestyle. I will keep doing it . I feel better.	Apr 5, 2011 7:44 AM
140	Good program	Apr 5, 2011 7:59 AM
141	A good idea, but the diet portion needs to be modified. The FDA recommends far too much sugar intake that is not good for diabetics and those that are on a low glycemic diet. Requiring fruits is counter productive in these areas.	Apr 5, 2011 8:00 AM
142	This helped me to stay on track	Apr 5, 2011 8:22 AM
143	An abundance of great information and helped me realize my unhealthy eating habits	Apr 5, 2011 8:32 AM
144	Fantastic opportunity to jump start into spring fitness, and raise physical awareness! Thanks	Apr 5, 2011 9:26 AM
145	An experience	Apr 5, 2011 9:36 AM
146	The requirements of Crews In Shape are pretty much what I do five days a week on my own.	Apr 5, 2011 9:46 AM
147	I like the "Crews into Shape" because the goals were reachable and could be easily incorporated into your daily life.	Apr 5, 2011 10:01 AM
148	It has really allowed me to develop a great workout routine that I will be able to keep up with after this is over.	Apr 5, 2011 10:14 AM
149	It was nice to have the support of my co workers in changing some bad habits!	Apr 5, 2011 10:29 AM
150	Really enjoyed it, fun way to get thinking about physical activity and eating better	Apr 5, 2011 10:32 AM
151	great idea, need more help in getting the time off to do the physical activity	Apr 5, 2011 10:33 AM
152	brings awareness	Apr 5, 2011 10:41 AM
153	Good Command Team event	Apr 5, 2011 10:51 AM
154	Helped tremendously in increasing my awareness of my vegetable intake	Apr 5, 2011 10:57 AM
155	It was fun doing it as a team	Apr 5, 2011 11:20 AM
156	documenting these items makes you more aware and focused.	Apr 5, 2011 11:25 AM

Q1. The Crews Into Shape helped me improve:

157	There wasn't much emphasis on diet in our group so I just continued my normal routine and added the workouts.	Apr 5, 2011 11:33 AM
158	got a bit bored toward the end	Apr 5, 2011 11:34 AM
159	Always a great opportunity to support each other as a team	Apr 5, 2011 11:53 AM
160	FUN!!!	Apr 5, 2011 11:56 AM
161	Should be longer than 4 weeks	Apr 5, 2011 12:01 PM
162	It made me want to make sure I ate all of my fruits and vegetables as well as get my daily exercise without skipping for any reason.	Apr 5, 2011 12:03 PM
163	Loved it!	Apr 5, 2011 12:14 PM
164	persistent awareness both within groups within the Department and self actualization. Focus on honesty in self improvement with dietary health and exercise	Apr 5, 2011 12:15 PM
165	I thought this was a great event. It really encouraged me to be conscious of my physical activity and fruits and veggies intake. I actually found that I didn't eat as many as recommended even though I thought I did.	Apr 5, 2011 12:22 PM
166	Its was fun doing it.	Apr 5, 2011 12:55 PM
167	It was fun to have a friendly competition and encouragment.	Apr 5, 2011 1:10 PM
168	great program	Apr 5, 2011 1:51 PM
169	A fun way to encourage people to stay fit and healthy	Apr 5, 2011 2:18 PM
170	This is great way to start a healthier lifestyle.	Apr 5, 2011 2:18 PM
171	It made me aware of how little fruit and vegetables I had been eating. I found that part, at times, challenging.	Apr 5, 2011 2:25 PM
172	Participating in this program made me conscious of the importance of keeping a healthy lifestyle.	Apr 5, 2011 2:26 PM
173	Helped me to think more about the amount of Veggie servings and Physical activity I do (or should do) each day.	Apr 5, 2011 3:15 PM
174	Fun.	Apr 5, 2011 4:33 PM
175	It's always good to have a new challenge!	Apr 5, 2011 5:11 PM
176	Great program to get people motivated. I already work out regularly.	Apr 5, 2011 9:27 PM
177	progirma movated me to get started with a regular exercise routine and improve my diet	Apr 5, 2011 10:30 PM
178	liked gift of pedimeter becasue it encouraged me to get more exercise during the day.	Apr 5, 2011 10:32 PM

Q1. The Crews Into Shape helped me improve:

179	Wonderful program! It helped improve my thinking about what I am eating and how much exercise I get!	Apr 6, 2011 3:52 AM
180	Great to have a team working together for a goal, for motivation, & for fun!	Apr 6, 2011 4:21 AM
181	The challenge help me to jump start my exercise program	Apr 6, 2011 4:46 AM
182	I really enjoyed the Crews into Shape. It helped me to remember to eat my fruits and vegetables daily. I exercised daily even when I didn't want to because I knew I was being held accountable by my team. This was really a Life Changing experience.	Apr 6, 2011 5:00 AM
183	Lots of fun	Apr 6, 2011 5:27 AM
184	It was fun doing it as a group	Apr 6, 2011 5:29 AM
185	This was a great program; please develop similar ones.	Apr 6, 2011 5:31 AM
186	Was an awesome healthy experience thanks loved the recipes!!	Apr 6, 2011 5:38 AM
187	Enjoyed getting to know my co-workers on a personal level	Apr 6, 2011 5:43 AM
188	motivating, encouraging	Apr 6, 2011 6:13 AM
189	Participating in this program made me realize that I normally do not eat enough fruits or vegetables and should.	Apr 6, 2011 6:39 AM
190	i was doing the south beach diet which restricts fruit for the 1st weeks so lost some points :(Apr 6, 2011 7:06 AM
191	This program got me back into running and exercising on a regular basis! Thanks!!! :)	Apr 6, 2011 7:09 AM
192	I thought it was a great program they gave you incentive to eat healthy.	Apr 6, 2011 7:24 AM
193	A very good reminder daily intake of veggies and fruits does a body, mind and soul good.	Apr 6, 2011 7:46 AM
194	I already have been focused on improving nutrition, the program helped support this and encourage it even more	Apr 6, 2011 7:54 AM
195	It was fun to work as a group and encourage each other	Apr 6, 2011 8:03 AM
196	A+	Apr 6, 2011 9:18 AM
197	Crews helped me to jump start a better way of life for me	Apr 6, 2011 9:22 AM
198	Great Program! My team leader did a great job in providing me with valuable information RE: healthy foods, different types of exercises, and one on one conversations on how to incorporate it in to my busy schedule. Thank You	Apr 6, 2011 10:40 AM
199	Enjoyed the program. Always wanted to participate but this was my first time being involved.	Apr 6, 2011 1:06 PM
200	It helped change my diet and exercise behavior with will continue into a more healthy lifestyle	Apr 6, 2011 1:16 PM

Q1. The Crews Into Shape helped me improve:

201	It was a fun activity.	Apr 6, 2011 3:41 PM
202	I wish it went for a longer period of time!	Apr 6, 2011 9:27 PM
203	worth the time	Apr 7, 2011 1:01 AM
204	Great motivator	Apr 7, 2011 2:38 AM
205	Crews Into Shape is a great program. It really help me to get a jump start into eating my fruits and veggies and getting back into exercising. My plan is to continue on.	Apr 7, 2011 4:32 AM
206	Especially changed eating style at work - from "whatever's available" to "planned healthy".	Apr 7, 2011 4:36 AM
207	Excellent Program, encouraged the team members to feel good about themselves and spending time together	Apr 7, 2011 4:53 AM
208	good program	Apr 7, 2011 5:03 AM
209	Crews Into Shape helped motivate me to increase my fitness and overall wellness.	Apr 7, 2011 6:17 AM
210	excellent program that makes you aware and ready coming off the winter hibernation.	Apr 7, 2011 6:19 AM
211	Crews into Shape has made me more aware of my eating habits. I will continue to work to sustain the health benefits.	Apr 7, 2011 6:53 AM
212	I really liked being able to exercise during work, it motivated me to do more.	Apr 7, 2011 7:31 AM
213	Great Program Thanks!	Apr 7, 2011 7:45 AM
214	very good program	Apr 7, 2011 8:09 AM
215	did not improve my daily physical activity as much as i would have liked	Apr 7, 2011 9:03 AM
216	should last longer than 4 weeks for maximum benefit & achievement of goal(s). i made the suggestion to my team that next year we should do a weekly lunch or dinner where everyone brings a dish so we all can try different veggies/fruits. a reward of some sort would be a nice incentive too, maybe like a \$5 gift card for the px or something little.	Apr 7, 2011 9:27 AM
217	wish it went for 12 months	Apr 7, 2011 10:09 AM
218	This program is a nice pick up from the winter months!	Apr 7, 2011 10:10 AM
219	It help you stay focused!	Apr 7, 2011 10:17 AM
220	it is right on time to start the spring season out right.	Apr 7, 2011 10:46 AM
221	Great program. Would like to see it be done on a longer basis.	Apr 7, 2011 10:47 AM
222	It really helped me stay focused on my goals that I had already started months before and it was good reinforcement for my goals as well as my office because we were a team.	Apr 7, 2011 11:17 AM

Q1. The Crews Into Shape helped me improve:

223	great idea to stay in shape!	Apr 7, 2011 11:35 AM
224	Great Program	Apr 7, 2011 11:38 AM
225	I like the group effort and it helps me examine my habits.	Apr 7, 2011 11:58 AM
226	I think the program should run longer than 4 weeks Thank You!	Apr 7, 2011 12:19 PM
227	Had a great time and lost some weight! Feel much better!	Apr 7, 2011 12:37 PM
228	I enjoy it and it keeps me grounded and also gives me an opportunity to exercise at lunch time	Apr 7, 2011 12:41 PM
229	OK program	Apr 7, 2011 12:52 PM
230	good awareness program	Apr 7, 2011 1:01 PM
231	even though I did not lose any weight i notice change in how my clothes fit, and am eating better	Apr 7, 2011 4:11 PM
232	Its a great way to stay motivated and keep track of eating a healthy diet	Apr 7, 2011 4:24 PM
233	This a great program. Keep it up!	Apr 7, 2011 4:24 PM
234	good idea	Apr 7, 2011 4:52 PM
235	fun, more challenging than I thought it would be!	Apr 7, 2011 6:04 PM
236	Loved it!!!	Apr 7, 2011 7:40 PM
237	I had a	Apr 7, 2011 7:47 PM
238	This program really helps you to to commit to eating and exercising daily for a month!	Apr 8, 2011 5:19 AM
239	It's a great thing...It was a constant motivator and reminder to make better choices with diet, and physical activities.	Apr 8, 2011 8:59 AM
240	Nice reminder/incentive of what I should already be doing.	Apr 8, 2011 10:00 AM
241	Great tool to utilize to help individuals curve their diet towards healthier alternatives.	Apr 8, 2011 12:40 PM
242	It was fun!	Apr 8, 2011 2:09 PM
243	what a great time, and will keep it going	Apr 10, 2011 5:10 AM
244	took alot of motivation.	Apr 11, 2011 8:05 AM
245	This program helped me with my fruit intake and maintain my exercise program.	Apr 11, 2011 8:18 AM