

1. The Crews Into Shape helped me improve:

	agree	neither agree nor disagree	disagree	Response Count
My daily intake of fruit	81.4% (534)	15.1% (99)	3.5% (23)	656
My daily intake of vegetables	83.7% (550)	12.9% (85)	3.3% (22)	657
My daily physical activity	73.8% (484)	21.8% (143)	4.4% (29)	656
My comments about the Crews Into Shape:				334

answered question	657
skipped question	2

2. My duty status is:

		Response Percent	Response Count
DoD active duty		20.4%	134
DoD reserve or national guard		5.0%	33
DoD family member		3.2%	21
DoD civilian		62.6%	411
DoD contractor		7.9%	52
Other		0.9%	6
answered question			657
skipped question			2

3. My service affiliation is best described as:

		Response Percent	Response Count
Army		0.5%	3
Navy		74.9%	490
Marine Corps		18.7%	122
Air Force Coast Gaurd		0.3%	2
Other DoD		4.3%	28
Non-DoD		1.4%	9
		answered question	654
		skipped question	5

4. My age range is:

		Response Percent	Response Count
0-16		0.0%	0
17-19		0.5%	3
20-29		18.2%	119
30-39		23.2%	152
40-49		27.4%	179
50-59		24.6%	161
60-99		6.1%	40
		answered question	654
		skipped question	5

5. My gender is

		Response Percent	Response Count
male		30.9%	203
female		69.1%	454
answered question			657
skipped question			2

Q1. The Crews Into Shape helped me improve:

1	It really helped me to focus on fruits and veggies as a part of my meals.	Apr 10, 2012 6:58 PM
2	And I lost weight.	Apr 10, 2012 6:36 PM
3	I think this program helps me keep track of what I need to stay in fit and give me some incentives for doing the right thing in fitness wise.	Apr 10, 2012 12:03 PM
4	Being accountable to my partner helped me get over the hump on tough days and the challenge was fun	Apr 10, 2012 9:37 AM
5	As someone who is very health conscience, CIS surprised me by making me much more aware of my fruit and vegetable intake and how I need to increase it!	Apr 10, 2012 8:17 AM
6	I guess it did help with eating fruits and vegetables for the 30 days but there didn't seem to be a lot of support for the program. The extra 30 minutes to workout was never approved so if we wanted to workout as a group, we would either have to skip lunch or find time after work which, sadly, most of us didn't have the time for. This concept is great for military who are allowed to take time to workout but is a little harder for the civilians to get the program to work the way it seems like it should.	Apr 10, 2012 8:07 AM
7	good idea--Key is allow 1/2 hr of exercise as part of working day; I commute 1.5+ hrs, work 9, 0.5 hr unpaid lunch, and am one person shop. No time to fit exercise in, eh?	Apr 9, 2012 3:25 PM
8	This was a fun experience. I pushed myself, as to not let others down.	Apr 9, 2012 1:13 PM
9	very helpful!!	Apr 9, 2012 12:40 PM
10	it is always fun to come together in support of each others health goals	Apr 9, 2012 11:00 AM
11	I like it... I think it should last for 2 months instead of one...for those who fall off the wagon. It will give them time to get back on. We also had people who just wanted to participate in the big crew run at the end of the challenge, then they said we should do it every thursday. So, they watched us and listened to the crew discuss progress and so forth, so if feel that if the challenge was longer, our participation would have been better. :-)	Apr 9, 2012 9:01 AM
12	fun	Apr 9, 2012 8:49 AM
13	It was a nice little challenge that lined up with with Lent.	Apr 9, 2012 8:32 AM
14	Definitely helped me be aware!	Apr 9, 2012 8:05 AM
15	Like the whole team aspect of it...I didn't have to do it by myself.	Apr 9, 2012 7:23 AM
16	This program made me acknowlege that I am making a conscious decision to get good or bad. This was mainly due to the weekly meal log and supertracker.	Apr 9, 2012 5:02 AM
17	Great Team Builder...	Apr 7, 2012 3:27 PM
18	Lots of work for something that research has shown has little effect and the effect disappears after the project is over. We would be better spending our time, money, and energy towards more evidence based projects.	Apr 7, 2012 10:43 AM

Q1. The Crews Into Shape helped me improve:

19	I was already eating my fruits and veggies and exercising.	Apr 6, 2012 3:21 PM
20	Fun way to be healthy and promote camaraderie	Apr 6, 2012 2:59 PM
21	Too complicated. Many people were put off by the amount of instructions and requirements. More flexibility needed for people to set their own goals.	Apr 6, 2012 2:15 PM
22	Great motivating factor, gets members involved! should be more than once per year!	Apr 6, 2012 1:57 PM
23	Very Fun!	Apr 6, 2012 1:05 PM
24	A Good way to participate with your co-workers	Apr 6, 2012 12:24 PM
25	it was really fun and helped some of our partners really look at there way of life thank you	Apr 6, 2012 12:16 PM
26	The challenge caused me to rethink my meals to ensure I got enough veggies. Also it motivated me to workout everyday during the challenge.	Apr 6, 2012 12:07 PM
27	I still think this is a very good way to get informed and be reminded about how much fruit and veggies we do consume in a day.	Apr 6, 2012 11:41 AM
28	enjoy it every year	Apr 6, 2012 11:18 AM
29	great program to help adjust your eating..	Apr 6, 2012 11:06 AM
30	good for those that need to be accounted for	Apr 6, 2012 11:01 AM
31	It was a fun program and did a good job of "forcing" me to think healthier with my daily diet and to stay active	Apr 6, 2012 10:16 AM
32	Enjoyed being able to work out at lunch time; wish it were more supported throughout the command.	Apr 6, 2012 10:16 AM
33	It was a great way to start a healthy life style change and March is a great time to begin!	Apr 6, 2012 10:14 AM
34	my team leader did not do any encouraging, did not collect sheets nor hand out new ones reliably, did not set up group luncheons or meetings. with a more involved leader this would have been more successful.	Apr 6, 2012 10:05 AM
35	I enjoyed doing Cruise into Shape!	Apr 6, 2012 10:03 AM
36	REALLY HELP INCREASE ACTIVITY	Apr 6, 2012 9:52 AM
37	Great additional tool when dieting or just to maintain weight.	Apr 6, 2012 9:46 AM
38	I really liked the idea of the weekly "accountability" meeting. But I don't feel as if "my life was changed" in any big way.	Apr 6, 2012 9:09 AM
39	awesome wake-up call	Apr 6, 2012 9:04 AM
40	Had fun with it.....this program is a good one.	Apr 6, 2012 8:34 AM

Q1. The Crews Into Shape helped me improve:

41	Great motivational program.	Apr 6, 2012 7:55 AM
42	fun but time consuming for crew leaders	Apr 6, 2012 7:46 AM
43	It's a great way to eat healthier!	Apr 6, 2012 6:36 AM
44	Good program	Apr 6, 2012 5:54 AM
45	there were way too many steps involved, it needs to be simplified, I couldn't work out because I was too busy keeping track of everything for my team, way too time consuming. Overall it is a great idea, but very difficult for reservists. It needs to be modified for the reservists who can not meet every week for an activity.	Apr 5, 2012 7:52 PM
46	It made me think about healthier choices more. Good timing too- right before the Spring PFA! Thanks!	Apr 5, 2012 5:13 PM
47	I really think about what type of meals I'm going to prepare and serve to myself and family to meet the minimum	Apr 5, 2012 2:48 PM
48	I really enjoyed the program.	Apr 5, 2012 2:14 PM
49	I basically forgot about it, because there wasn't enough emphasis placed on it, no accountability and no tracking. The program could be very good, but needs more developing so everyone has a clear understanding of the objective	Apr 5, 2012 2:08 PM
50	Awesome problem	Apr 5, 2012 2:01 PM
51	I wanted to start exercising again, made me stop procrastinating.	Apr 5, 2012 1:32 PM
52	Awesome program!	Apr 5, 2012 1:21 PM
53	I do appreciate how it helps to think about important dietary and physical improvements to incorporate to daily life.	Apr 5, 2012 1:04 PM
54	I would like to see a culminating physical fitness event at the end of the challenge. This event can be organized so that each team member participates (teams of two would be best) in a series of events. The crew with the most points with the crews in shape diet plan and final fitness events wins. The event would conclude with a BBQ hosted by M CCS.	Apr 5, 2012 12:47 PM
55	A fun healthy program	Apr 5, 2012 11:22 AM
56	Excellent motivator, although I must admit that 'fell off the wagon' and indulged in chocolate during particularly stressful work days!	Apr 5, 2012 10:40 AM
57	liked it to meet new people in our team	Apr 5, 2012 10:23 AM
58	Should have been longer	Apr 5, 2012 10:22 AM
59	Great incentive program to get healthy and good awareness	Apr 5, 2012 10:21 AM
60	had lots of fun and gain more energy	Apr 5, 2012 10:19 AM

Q1. The Crews Into Shape helped me improve:

61	Great, jump start!	Apr 5, 2012 10:17 AM
62	Loved the challenge, but wish it was longer than 4 weeks	Apr 5, 2012 10:12 AM
63	Great team building program.	Apr 5, 2012 9:43 AM
64	It helped me maintain motivation	Apr 5, 2012 9:31 AM
65	It was a great way to get to connect with co-workers that I dont know very well.	Apr 5, 2012 9:22 AM
66	use either the online myplate.gov or the forms. Not both. too confusing.	Apr 5, 2012 9:21 AM
67	was a very good program	Apr 5, 2012 8:48 AM
68	It was fun and did help me think about eating healthier.	Apr 5, 2012 8:29 AM
69	The program needs to be extended to at least six months in order to really have an impact	Apr 5, 2012 7:45 AM
70	This is a good way to start a new habit.	Apr 5, 2012 7:33 AM
71	made you want to work out in support of your team	Apr 5, 2012 6:51 AM
72	I don't like filling out the sheets, suggest doing it online with plenty options to select from	Apr 5, 2012 6:37 AM
73	IOVE THIS PROGRAM	Apr 5, 2012 6:18 AM
74	I loved the activities and the desk exercises!!!! I'm a new person.	Apr 5, 2012 6:18 AM
75	Very good team building exercise.	Apr 5, 2012 6:11 AM
76	Not a bad experience.	Apr 5, 2012 5:41 AM
77	Crews into Shape is a great program, its a great motivation for teamwork and focus on being healthy.	Apr 5, 2012 5:23 AM
78	Two cups vice one cup of Veg is to much for those that normaly oppose veg. If it was one cup I might have been able to accomplish, but two... did not even try.	Apr 5, 2012 5:17 AM
79	Could do more to discourage unhealthy habits.	Apr 5, 2012 4:54 AM
80	It's a good idea to help people eat the right things and stay in shape for a healthy life style	Apr 5, 2012 4:50 AM
81	Very fun, informative, challenging	Apr 5, 2012 4:39 AM
82	I was already very active and eating plenty of fruit. I was successful in increasing my veggies.	Apr 4, 2012 5:58 PM
83	I enjoy it and it really helps me to stick with what I should be eating and being healthy	Apr 4, 2012 3:58 PM
84	Too much documentation for my very busy schedule	Apr 4, 2012 3:38 PM

Q1. The Crews Into Shape helped me improve:

85	Great program.	Apr 4, 2012 3:22 PM
86	It's an easy way to improve our health, using each other as motivators!!!	Apr 4, 2012 3:11 PM
87	I really enjoyed the dicipline that this program forced me to have in taking better care of myself.	Apr 4, 2012 2:36 PM
88	Very fun, informative, challenging	Apr 4, 2012 2:34 PM
89	i already work out 6 days a week but it did hekp with my diet.	Apr 4, 2012 2:10 PM
90	Great program because I always do better when I have people supporting me and keeping me on track, especially at work!	Apr 4, 2012 1:48 PM
91	It isn't reasonable to think everyone can or will exercise every day. Even people who make regular exercise a part of their life take some days off. There are days when one can legitimately not exercise. Not allowing exercise in excess of 30 minutes to count or make up for unavoidable inability to exercise on a given day is not reasonable. The goal of the competition is to make exercise a healthy habit. We risk encouraging the thought process that the inability to exercise every day is in some manner failure.	Apr 4, 2012 1:25 PM
92	By not factoring bad food choices it seems that half the equation is missing.	Apr 4, 2012 1:12 PM
93	Crews Into Shape is a great program	Apr 4, 2012 1:02 PM
94	Good way to get everyone involved in working out and very motivating	Apr 4, 2012 1:01 PM
95	Fun and a great opportunity	Apr 4, 2012 1:01 PM
96	Made me THINK before I ate junk and definately encouraged me to increase my intake of vegi's and fruits	Apr 4, 2012 1:00 PM
97	Fun & great opportunity	Apr 4, 2012 12:55 PM
98	Nice way to approach health and fitness in a team style approach	Apr 4, 2012 12:48 PM
99	A real help to my fitness would be to be allowed time off for lunch to actually move from behind my desk :(Apr 4, 2012 12:31 PM
100	Great program and look forward to next year.	Apr 4, 2012 12:10 PM
101	loved it kept me on track!!!!	Apr 4, 2012 11:55 AM
102	Excellent Program	Apr 4, 2012 11:47 AM
103	This was motivating, fun, and helped me learn new healthy habits via dialogue with my team members and non-team members.	Apr 4, 2012 11:27 AM
104	It helped me kick start my taking better care of myself goal.	Apr 4, 2012 11:22 AM
105	none	Apr 4, 2012 11:05 AM
106	It ROCKS!!!!	Apr 4, 2012 10:57 AM

Q1. The Crews Into Shape helped me improve:

107	It was a great way to kick start getting back in shape and eating healthier. Plus I like that we didn't have to count calories, track points, etc. Very easy to stay on track!!!	Apr 4, 2012 10:46 AM
108	It was really good haveing a team support	Apr 4, 2012 10:35 AM
109	Very fun, informative, challenging	Apr 4, 2012 10:34 AM
110	I want to continue to incorporate these changes into my daily life and make it a life style change.	Apr 4, 2012 8:57 AM
111	Simple, but effective.	Apr 4, 2012 8:23 AM
112	Should be longer for better results	Apr 4, 2012 8:12 AM
113	Would like to see the command allow time to exercise on a regular basis.	Apr 4, 2012 7:47 AM
114	A great program, and just the right length (4 weeks) to keep focused. Good for team building too.	Apr 4, 2012 7:47 AM
115	Great motivator!	Apr 4, 2012 7:32 AM
116	It was a good event that made me aware of the amount of fruits and vegetables that I eat each day.	Apr 4, 2012 7:08 AM
117	Participating on a Crew helped me to focus on staying healthy because I was accountable to a team. The hardest thing for me is always the veggies. I plan on keeping up with the good habits.	Apr 4, 2012 6:55 AM
118	It was fun to join fellow shipmates in this program.	Apr 4, 2012 6:37 AM
119	I exercise daily anyway, so I didn't necessary improve that. This was a great awareness campaign. I have now formed a group that exercises 20 minutes a day at lunch.	Apr 4, 2012 6:35 AM
120	it worked well with the diet i was already doing.	Apr 4, 2012 6:35 AM
121	Great motivation.	Apr 4, 2012 6:27 AM
122	MY COMMITMENT TO MAKING HEALTHY FOOD CHOICES AND EXERCISING DAILY 30 MINUTES A DAY HELPED ME TO LOSE INCHES OFF MY WAIST AND I INCH OFF MY THIGH!!! GREAT INCENTIVE TO EXERCISE DAILY!	Apr 4, 2012 6:15 AM
123	Lots of Fun, Team Spirit!	Apr 4, 2012 6:15 AM
124	More may participate if the exercise piece was on an average for the week so as long as it averaged out to 30 minutes a day	Apr 4, 2012 6:09 AM
125	As a new employee, it was a good oppportunity to network and get to know the people I work with via the team setting.	Apr 4, 2012 6:05 AM
126	Excellent program has really pushed me to eat healthier and increase physical activity. My team was great and very supportive.	Apr 4, 2012 5:38 AM

Q1. The Crews Into Shape helped me improve:

127	Fun, motivating	Apr 4, 2012 5:13 AM
128	I am an active individual, but Crews Into Shape enabled me to put my activities in high gear.	Apr 4, 2012 4:16 AM
129	it was pretty efficient.	Apr 3, 2012 11:54 PM
130	Incorporating Crews into Shape with my daily exercise routine to losing weight just made it a little bit more official.	Apr 3, 2012 10:54 PM
131	Some of the food items I eat are not listed on the Food Tracker nor the activities I do on the Physical Tracker	Apr 3, 2012 10:38 PM
132	great encouragement keep it up	Apr 3, 2012 10:27 PM
133	great encouragement keep it up	Apr 3, 2012 10:27 PM
134	Really enjoyed participating in the Crews into Shape, has kept me on track tracking with my fruits and veggies, as well as physical activity.	Apr 3, 2012 8:28 PM
135	Good program	Apr 3, 2012 7:51 PM
136	Great program. Wish there were awards as an incentive to succeed.	Apr 3, 2012 6:18 PM
137	nice to have a positive "push"- especially during the CDR fitrep "season."	Apr 3, 2012 6:05 PM
138	It is a good jump start for the PRT season and it is much easier to eat healthy as a group	Apr 3, 2012 5:24 PM
139	Good team building	Apr 3, 2012 3:57 PM
140	A good program to get non-exercisers motivated.	Apr 3, 2012 3:39 PM
141	The Team got me started on a long overdue start to my personal fitness goals. Thanks Team.	Apr 3, 2012 2:54 PM
142	Thought it was a fun and healthy team building event, thouroughly enjoyed our team workouts	Apr 3, 2012 2:06 PM
143	Great program! I already eat a lot of raw vegetable, this program helped me track the amounts. I don't eat a lot of fruit so I improved. I also improved in daily exercise even if it is only for 20 minutes it is still good.	Apr 3, 2012 1:12 PM
144	Great teamwork!	Apr 3, 2012 1:05 PM
145	It is a good program.	Apr 3, 2012 1:04 PM
146	Excellent program to raise awareness of healthy eating and exercise and to build camaraderie.	Apr 3, 2012 1:03 PM
147	Very positive effort to encourage healthy behavior.	Apr 3, 2012 12:53 PM
148	outstaning program	Apr 3, 2012 12:42 PM

Q1. The Crews Into Shape helped me improve:

149	Easy to follow; challenging to do daily!	Apr 3, 2012 12:36 PM
150	It is a worthwhile program and would benefit others to join.	Apr 3, 2012 12:33 PM
151	I do not attend much sessions, but I try to make the best of it by working out on my own.	Apr 3, 2012 12:33 PM
152	In my opinion the program is very good due to the line of buisness we are in their should be more of these to influence better health in our community. i believe with healthier employees we have better productivity and attendance and less medical costs.	Apr 3, 2012 12:19 PM
153	This program is extremely helpful, and should continue at NMCPHC	Apr 3, 2012 12:11 PM
154	This program gave me the motivation to get back into eating and exercise again.	Apr 3, 2012 11:58 AM
155	Should happen more often than once a year.	Apr 3, 2012 11:03 AM
156	It is a good program with good intentions.	Apr 3, 2012 10:56 AM
157	a different experience in my eating habitats. i enjoyed it and will conttinue eating this healthy way.	Apr 3, 2012 10:51 AM
158	Wish this had been in April. Hard to meet exercise quotas when it's snowing.	Apr 3, 2012 10:27 AM
159	Great motivation and increased awareness.	Apr 3, 2012 10:27 AM
160	Writing everything down definitely helps me eat better and keep up with my workouts.	Apr 3, 2012 10:20 AM
161	This was a fun program to participate in and a great group effort	Apr 3, 2012 10:07 AM
162	Very fun -- love competing towards GOOD health!	Apr 3, 2012 10:04 AM
163	Good team activities - asked others how they were incorporating more fruits/veggies in their day	Apr 3, 2012 9:53 AM
164	I thought I always had enough veggies; I was wrong. It was a conscience effort to eat the right amount of vegetables. Great fun and encouragement for success!	Apr 3, 2012 9:52 AM
165	Nice for point to be given for improvement. An additional point for reaching the goal. Also maybe new categories for drinking water and NOT eating junk food. Good Program. Thanks.	Apr 3, 2012 9:44 AM
166	Helped me to focus on what I need to eat each day and planning ahead.	Apr 3, 2012 9:41 AM
167	It was fun to be on a team that was so supportive of each other!	Apr 3, 2012 9:34 AM
168	Better if order of goals on weekly log (fruit, veggie, exercise) lined up with order on crew worksheet (veggie, exercise, fruit.)	Apr 3, 2012 9:29 AM
169	It helps create habits that may continue long past the event. The more we do it the more the body craves it.	Apr 3, 2012 9:20 AM

Q1. The Crews Into Shape helped me improve:

170	Needs to run longer	Apr 3, 2012 9:01 AM
171	Good reminder and fun to do as a crew.	Apr 3, 2012 9:00 AM
172	I enjoyed Crews because it helped me see the majority of my food intake only came from one food group, mostly protein. Participating in Crews heightened my awareness for the need of carbs from fruit and veggies.	Apr 3, 2012 8:50 AM
173	command involvement was a key motivator	Apr 3, 2012 8:48 AM
174	My fruit intake didn't change by my participation in the Crews into Shape.	Apr 3, 2012 8:18 AM
175	I enjoyed it but heard a lot of people telling me getting into the website is confusing due to the long web address.	Apr 3, 2012 8:08 AM
176	awesome	Apr 3, 2012 7:39 AM
177	Great program...However; we should have a program in place to encourage and even mandate physical fitness time during work.	Apr 3, 2012 7:38 AM
178	It provided me the opportunity to establish a exercise routine which I was definitely in need of doing. I have lost 7-lbs. (almost doubling my goal)! I plan to keep exercising and "watching" my food intake.	Apr 3, 2012 7:36 AM
179	A good program - I work out on a daily basis anyway	Apr 3, 2012 7:23 AM
180	Incentives/awards would increase participation at our command and on our base.	Apr 3, 2012 7:13 AM
181	wish the program was still in affect but boss shut it down	Apr 3, 2012 6:53 AM
182	i like it	Apr 3, 2012 6:52 AM
183	well when the program first started it was good and as we made progress it showed but do to politics and weak non backbone havin people only our section got shut down while others were permitted to continue maybe we cant work out anymore cuz we are black	Apr 3, 2012 6:50 AM
184	I already ate a lot of fruit and vegetables, but it made me think more and definitely helped with the exercise.	Apr 3, 2012 6:49 AM
185	a great oppertunity to jump start a healthier way of living	Apr 3, 2012 6:47 AM
186	Our Superintendent tried to end program early so we had to finish program on our own time	Apr 3, 2012 6:43 AM
187	Great Program. Really starting to catch on in my building	Apr 3, 2012 6:39 AM
188	This is a good motivator. I would recommend it prior to every pfa cycle	Apr 3, 2012 6:37 AM
189	Excellent motivating tool and having partner and team accountablility really, really helps!!	Apr 3, 2012 5:50 AM
190	It was a great motivator to lose weight and get healthier.	Apr 3, 2012 5:29 AM

Q1. The Crews Into Shape helped me improve:

191	Is a good motivational process which can lead to into establishing a work out plan and watching your nutrition.	Apr 3, 2012 5:28 AM
192	Especially motivated me to exercise more. I thank my command (MSC) for allowing time from work to PT.	Apr 3, 2012 5:08 AM
193	Awesome program	Apr 3, 2012 4:54 AM
194	I found it a little tough at first on how to fit 3 cups a veggies into my diet. Maybe putting a pointer or two in the beginintg may be helpfull to others trying this program out.	Apr 3, 2012 4:52 AM
195	thanks, the program kept me motivated	Apr 3, 2012 4:45 AM
196	This program motivates you to eat healthy and exercise, so you don't lose points for your team.	Apr 3, 2012 4:13 AM
197	Great program to have. It's all about team accountability.	Apr 3, 2012 4:05 AM
198	once you get started you become addicted to maintaining the healthy lifestyle.	Apr 3, 2012 2:06 AM
199	Keeps me motivated ensuring I am making healthy chioces.	Apr 3, 2012 2:03 AM
200	good for people that need a little bi of motivation	Apr 2, 2012 4:22 PM
201	I had a great time learning, applying what I have always known with the help and comraderie of my teammates	Apr 2, 2012 3:33 PM
202	I had actually started doing many things a month before, but this made me work and continue the changes for my team. Plus by continuing it has helped me make it a part of my routine!	Apr 2, 2012 3:04 PM
203	it was weird to each so much fruit/veggies but I did see how the benefit	Apr 2, 2012 3:02 PM
204	Great way to keep me motivated!	Apr 2, 2012 2:31 PM
205	Great program. It encourage the opportunity for team building, increase moral, and healthy lifestyles.	Apr 2, 2012 2:15 PM
206	Crews into shape had given me a baseline to eat healthy food and exercise more. Thank you.	Apr 2, 2012 1:48 PM
207	Great way to motivate a group of Co-Workers.	Apr 2, 2012 1:44 PM
208	It was fun doing our daily diet and exercise routines. We will continue with Stretch & Flex in the next months.	Apr 2, 2012 1:41 PM
209	It was a great tool to help you stay on track with keeping healthy	Apr 2, 2012 1:38 PM
210	Very helpful and enjoyable.	Apr 2, 2012 1:27 PM
211	Thoroughly enjoyed it and learned some things along the way.	Apr 2, 2012 12:50 PM
212	REALLY HELP INCREASE ACTIVITY	Apr 2, 2012 12:46 PM

Q1. The Crews Into Shape helped me improve:

213	It also helped me be more conscientious about hydration.	Apr 2, 2012 12:44 PM
214	Good program!	Apr 2, 2012 12:35 PM
215	So much work with tracking it and the benefits of the program not so great.	Apr 2, 2012 12:28 PM
216	It was a lot of fun!	Apr 2, 2012 12:24 PM
217	I enjoyed this challenge more than some of the other challenges out there.	Apr 2, 2012 12:09 PM
218	It has helped me watch what I am eating/drinking-still need more water!	Apr 2, 2012 11:53 AM
219	Great reminder to continue healthy eating habits in anticipation of summertime food activities.	Apr 2, 2012 11:38 AM
220	I already worked out very regularly.	Apr 2, 2012 11:28 AM
221	the daily log helped me to see what I needed to work on	Apr 2, 2012 11:24 AM
222	I think some kind of regional Crew competition might help keep members into the crews.	Apr 2, 2012 11:14 AM
223	I enjoyed doing it!	Apr 2, 2012 11:05 AM
224	We loved it! The program was a great way to help my family become aware of what kind of foods they should be eating	Apr 2, 2012 11:04 AM
225	Good program but got confused with food amounts from crews and my diabetic amounts.	Apr 2, 2012 11:00 AM
226	Much more cognizant of what I eat. What 'counts' and what does not.	Apr 2, 2012 10:54 AM
227	It definitely made me aware that I was lacking in all three categories. I hope to continue with the daily physical activity.	Apr 2, 2012 10:54 AM
228	Eating two cups a fruit a day when you are trying to lose weight is not conducive to losing the weight. Too much sugar!	Apr 2, 2012 10:54 AM
229	It forced me to look up new healthier recipes and think about everything I ate.	Apr 2, 2012 10:53 AM
230	Eating the fruits is my biggest challenge. Have no trouble with the physical activity aspect.	Apr 2, 2012 10:43 AM
231	It was a lot of fun and allowed me to track what I was already doing and add to it to better myself	Apr 2, 2012 10:41 AM
232	Serves as a good reminder about eating and living healthy.	Apr 2, 2012 10:41 AM
233	wish we had this opportunity the entire year at NAWCTSD what a great experience! we kept each other motivated, shared a lot of tips and workouts and had a blast doing it. Way too short :)	Apr 2, 2012 10:39 AM
234	It got me into habits I plan to continue.	Apr 2, 2012 10:37 AM

Q1. The Crews Into Shape helped me improve:

235	This was AMAZING for our team! With all of our time limitation at home like kids, church and our long commutes to work, it is so hard for most of us to take time for us to workout and eat right. This truly helped us be healthier, encouraging one another, giving tips and in return just feel so much better and have so much more energy and be so much more alert and efficient in our tasks through out the entire day! GREAT PROGRAM!	Apr 2, 2012 10:34 AM
236	I had a great group that kept me motivated.	Apr 2, 2012 10:33 AM
237	It's a fun way to start watching what you eat.	Apr 2, 2012 10:27 AM
238	Helped me with changing my eating habits and motivation to exercise	Apr 2, 2012 10:20 AM
239	My commitment wavered. I plan to do better throughout the year and be prepared for the challenge next year.	Apr 2, 2012 10:16 AM
240	Already made it a point to exercise. Crews into shape requirement was easier than my normal routine.	Apr 2, 2012 10:14 AM
241	I was doing all these things anyway. It did help me to be more conscious of it by recording it each week though.	Apr 2, 2012 10:13 AM
242	Great idea!!!	Apr 2, 2012 10:06 AM
243	a good program, especially for increasing daily intake of fruits and veggies!	Apr 2, 2012 10:06 AM
244	Great program. I wish it was longer than 1 month.	Apr 2, 2012 10:02 AM
245	This was a fun event and really raised awareness of fruit and vegetable intake and exercise.	Apr 2, 2012 10:01 AM
246	The biggest benefit of the Crew has been in focusing on my physical activity	Apr 2, 2012 9:59 AM
247	Love it! Wish it was two months- I feel like I am just getting into it.	Apr 2, 2012 9:57 AM
248	I think its too easy and needs more structure.	Apr 2, 2012 9:50 AM
249	Excellent program for Spring into shapw	Apr 2, 2012 9:38 AM
250	I LOVE this program! It really helps me to loose some weight and eat	Apr 2, 2012 9:25 AM
251	We had a great coach that motivate myself and our staff. I wish I can get more time work out though.	Apr 2, 2012 9:24 AM
252	I liked the fact that it was set up to be pro-active rather than restrictive. Definitely made it easier and more rewarding!	Apr 2, 2012 9:23 AM
253	Great program!	Apr 2, 2012 9:21 AM
254	My crew really supported my on this healthy trip for 30 days.	Apr 2, 2012 9:19 AM
255	I needed to take it more seriously.	Apr 2, 2012 9:14 AM
256	Great program to promote healthy a life style. Some folks just need a little team	Apr 2, 2012 9:11 AM

Q1. The Crews Into Shape helped me improve:

	motivation to get the ball rolling.	
257	It was great to work as team with my coworkers and check on each other.	Apr 2, 2012 9:11 AM
258	Great program	Apr 2, 2012 9:09 AM
259	Lots of fun.	Apr 2, 2012 8:58 AM
260	Crews Into Shape made you be more accountable for your diet and exercise - especially because this was a "TEAM" event.	Apr 2, 2012 8:55 AM
261	Helped me to be more committed and focused on my task/goal	Apr 2, 2012 8:53 AM
262	Great program!	Apr 2, 2012 8:53 AM
263	IT HELPED ME TO BECOME MORE FOCUSED AND COMMITTED	Apr 2, 2012 8:52 AM
264	Helps to keep your mind on what you are eating daily... better quality and amount of food you're eating	Apr 2, 2012 8:48 AM
265	The program is great but I want my unit to continue this for a longer period!	Apr 2, 2012 8:21 AM
266	Great way to get motivated - easy to understand and simple to do!	Apr 2, 2012 8:20 AM
267	Awesome program	Apr 2, 2012 8:18 AM
268	Just a brilliant program, I have learned so much. having put the practice into action I have lost 20.2 pounds over this 4 week period!!	Apr 2, 2012 8:18 AM
269	I did not meet my weight goal but did lose inches. I feel I let my team down. Is there anyway we could make it weight or inches lost next time? I am very happy with what I accomplished!	Apr 2, 2012 8:15 AM
270	It was a great experience; motivational and alerted me daily of my eating habits. The crew members I was part of were very supportive. Unfortunately I did not lose weight, but I will keep improving on my eating habits and have set another goal to lose 3 lbs a month for the next 4 months and continue until I reach my goal of losing 30 lbs.	Apr 2, 2012 8:15 AM
271	Kept the entire department talking about nutrition, exercise and encouraging each other. It should be longer that four weeks.	Apr 2, 2012 8:13 AM
272	The group effort really helped motivate me.	Apr 2, 2012 8:07 AM
273	Was difficult to follow program when traveling.	Apr 2, 2012 8:02 AM
274	Great program to promote health and team building within the command.	Apr 2, 2012 8:00 AM
275	Excellent Leader! Go Happy Goats!	Apr 2, 2012 7:55 AM
276	I feel better eating all the vegetables and exercising regularly.	Apr 2, 2012 7:54 AM
277	This is my 2nd year participating, and I've kept those good habits for most of the last year!	Apr 2, 2012 7:51 AM

Q1. The Crews Into Shape helped me improve:

278	Crew Into Shape was beneficial to workforce. Provided a sense of unity and common purpose in getting healthier.	Apr 2, 2012 7:41 AM
279	The team effort and coaching were real motivators for me. Our team leader was great!	Apr 2, 2012 7:40 AM
280	2 cups of fruit and 3 cups of vegetables is more than what is recommended for my calorie goals, some with diabetes can not eat all those fruits.	Apr 2, 2012 7:40 AM
281	It is a great way to "Plant a seed"to motivate. One team member did not keep track of score for vegetables/fruits and exercise but lost weight	Apr 2, 2012 7:37 AM
282	Awesome! It increased my awareness to eating properly and exercisng everyday	Apr 2, 2012 7:11 AM
283	I was already consuming the recommended daily intake of fruits and vegetables. Only a modest increase in activity.	Apr 2, 2012 6:53 AM
284	Has made me looka t getting back on track with my health goals	Apr 2, 2012 6:49 AM
285	Team event was a boost to helping achieve my daily physical activity goals. It was reenergizing!!	Apr 2, 2012 6:43 AM
286	I enjoyed it. I helped me be more conscious about what I eat and incorporating fruits and vegetables	Apr 2, 2012 6:38 AM
287	It gave me an incentive for the area I needed most, FRUIT.	Apr 2, 2012 6:37 AM
288	I liked the loose format. The ChooseMyPlate website is awesome.	Apr 2, 2012 6:36 AM
289	Fun the first week died off by the third. Painful wrap up.	Apr 2, 2012 6:16 AM
290	I usually work out at least four days a week and eat the amount of recommended fruit/veg per day during the work week. Crews into shape helped me increase exercise and veg consumption on the weekends.	Apr 2, 2012 5:59 AM
291	I was already doing all of this for myself before Crews Into Shape started	Apr 2, 2012 5:56 AM
292	I already ate pretty good but noticed I need to eat more veggies and exercise more. I also didn't eat fruit on the weekends.	Apr 2, 2012 5:51 AM
293	I enjoy participating with CREWS because it is a reminder to me of the goal I am working towards, and having a team effort with an accountable partner is very helpful along the way.	Apr 2, 2012 5:46 AM
294	Structured program. Website was useful and helpful. Program was a lot of FUN!	Apr 2, 2012 5:28 AM
295	I was tasked with organizing a crew and I was 25 weeks pregnant. The program should be strictly voluntary and commands shouldn't be able to require or coerce people to participate. I was already meeting my nutritional goals according to my birthing class instructor and my physician. I didn't find the "get your plate in shape website helpful." Several of the crew members had difficulty using it.	Apr 2, 2012 5:26 AM
296	This is a good program that helps motivate me to eat healthy foods and stay active in physical activity.	Apr 2, 2012 5:24 AM

Q1. The Crews Into Shape helped me improve:

297	There is no argument based on "Team" the group is supportive and you feel you can not let them down - so in turn - works for me and others!!!	Apr 2, 2012 5:18 AM
298	Nutrition presentation was very helpful.	Apr 2, 2012 4:58 AM
299	I wish we could continue a PT plan throughout the year, I have more energy and less sick time when we do.	Apr 2, 2012 4:25 AM
300	I do a pretty good job of watching my diet and physical activity. This just reinforced it.	Apr 2, 2012 4:12 AM
301	It was a great way to lose some weight and practice better eating and exercise habits.	Apr 2, 2012 4:03 AM
302	Since I was tracking, I made more of an effort to make sure I ate more veggies.	Apr 2, 2012 3:57 AM
303	I was sick during crews into shape, so that limited my physical activity for a significant portion. Otherwise would have helped increased my activity	Apr 2, 2012 1:45 AM
304	Great program!!!	Apr 2, 2012 12:12 AM
305	It was really fun and I especially enjoyed the group activities	Apr 1, 2012 11:53 PM
306	It promoted teamwork and motivated me to increase my daily exercise.	Apr 1, 2012 11:37 PM
307	A good way to build teamwork and comraderie	Apr 1, 2012 10:38 PM
308	The goals are too high -- partial credit (e.g. points per cup of fruit/veg) would have been more motivating for those of us who really hardly ever eat ANY of those things. I gave up ever trying to get both food points on any day -- it was too much.	Apr 1, 2012 10:18 PM
309	Increasing the ammount of competition between teams might equal more motivation. Such as comparing scores weekly or facing off during team excersizes.	Apr 1, 2012 7:53 PM
310	A fun way to promote team bonding in the work place as well!	Apr 1, 2012 7:51 PM
311	A great program and good to have co workers as partners.	Apr 1, 2012 7:02 PM
312	Awesome! Helps people who don't normally consume enough fruits and vegetables take in more!	Apr 1, 2012 7:00 PM
313	Great program!!	Apr 1, 2012 6:52 PM
314	Made me think about what I was eating.	Apr 1, 2012 5:57 PM
315	A one size fits all, simply doesn't. Those with normal BMI desiring to loose only a few pounds, had lower daily recommended severing sizes than 2 fruits and 3 vegs.	Apr 1, 2012 4:47 PM
316	It makes one more aware of what they aren't doing. Nice hearing about other people and their journey with health.	Apr 1, 2012 4:44 PM

Q1. The Crews Into Shape helped me improve:

317	I have started eating better and workingout more. I feel better.	Apr 1, 2012 7:54 AM
318	Fun program. Enjoyed encouragement from my team and encouraging them to make their goals.	Apr 1, 2012 6:01 AM
319	I have enjoyed getting back into a routine of regular exercise. Benefits are both physical and mental.	Mar 30, 2012 8:27 AM
320	Motivated me to make healthier food choices.	Mar 30, 2012 6:36 AM
321	Crews Into Shape helped me get back focused on a healthy living plan and I'm glad I participated.	Mar 29, 2012 8:19 AM
322	What is the purpose of separate fruit vegetable requirements? My normal fruit intake far exceeds 2 cup per day. I reduced my normal fruit intake to consume more vegetables to meet the crew 3 cups per day vegetable requirement but how does that make one more healthy?	Mar 29, 2012 7:33 AM
323	I already keep track of my fruit and vegetable intake, and try to exercise every day. This is why I put niether agree nor disagree, because my healthy habbits remained the same.	Mar 28, 2012 10:01 AM
324	I had more fun than I thought I would. It helped me to bond with my coworkers and get exercise at the same time.	Mar 28, 2012 8:45 AM
325	I considered this as a booster to help me get motivated into a regimen work program. I will consider even after the program ends on March 31, 2012.	Mar 22, 2012 12:48 PM
326	This was a great way to jump-start a healthier way of life - I enjoyed and benefited from the effort greatly!	Mar 19, 2012 11:44 AM
327	interesting- but needed more for junior sailors who don't know proper diet.	Mar 19, 2012 9:06 AM
328	I had trouble with the worksheet download.	Mar 16, 2012 5:16 PM
329	great deal	Mar 12, 2012 11:53 AM
330	great deal	Mar 12, 2012 11:53 AM
331	I don't like it. I thought it was going to save my information if I created a profile. No such Luck!	Mar 7, 2012 10:32 AM
332	It is an excellent motivator and helps you find a way to be held accountable.	Mar 6, 2012 9:24 AM
333	Great idea	Mar 5, 2012 8:04 AM
334	I'm excited to get started in our Crews program!!!	Mar 2, 2012 1:26 PM