Crews Into Shape

SurveyMonkey

1. How did you hear about Crews Into Shape? (select all that apply)

	Response Percent	Response Count
Your command health promotion and wellness representative	**62.3%**	**264**
Command fitness leader (CFL)	8.5%	36
Word of mouth	25.0%	106
Fliers	10.4%	44
Friday Facts newsletter	2.4%	10
Other (please specify)	15.1%	64
	answered question	**424**
	skipped question	**24**

2. The Crews Into Shape helped me improve:

	agree	neither agree nor disagree	disagree	Rating Count
My daily intake of fruit	**81.8% (363)**	16.0% (71)	2.3% (10)	444
My daily intake of vegetables	**85.5% (382)**	13.4% (60)	1.1% (5)	447
My daily physical activity	**71.5% (316)**	25.3% (112)	3.2% (14)	442
		My comments about the Crews Into Shape:		134
			answered question	**448**
			skipped question	**0**

3. Please indicate your agreement with the following statements:

	Strongly disagree	Disagree	Unsure	Agree	Strongly agree	Rating Average	Rating Count
I plan to continue my efforts to eat the daily recommended servings of fruits and vegetables after the Crews Into Shape challenge ends.	16.3% (69)	1.4% (6)	4.2% (18)	**40.6% (172)**	37.5% (159)	3.82	424
I plan to continue my efforts to perform the recommended amount of physical activity after the Crews Into Shape challenge ends.	16.5% (70)	0.9% (4)	3.3% (14)	34.4% (146)	**44.8% (190)**	3.90	424
						answered question	**424**
						skipped question	**24**

4. Would you like to see the Crews Into Shape challenge run for a longer duration, for example a three month period instead of four weeks?

		Response Percent	Response Count
Yes, I would be more likely to participate again if the challenge were longer		31.6%	134
Neutral, I will participate in the challenge again regardless of the duration		**51.2%**	**217**
Neutral, I will not participate in the challenge again regardless of the duration		2.8%	12
No, I will not participate again if the challenge is longer		14.4%	61
		answered question	**424**
		skipped question	**24**

5. Was the Crews News newsletter helpful?

	Not at all helpful	Somewhat helpful	Extremely helpful	Rating Average	Rating Count
	9.5% (39)	**60.8% (250)**	29.7% (122)	2.20	411
				answered question	**411**
				skipped question	**37**

6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?

	Response Count
	424
answered question	**424**
skipped question	**24**

7. My duty status is:

		Response Percent	Response Count
DoD active duty		22.1%	99
DoD reserve or national guard		8.3%	37
DoD family member		2.2%	10
DoD civilian		**58.5%**	**262**
DoD contractor		7.6%	34
Other		1.3%	6
		answered question	**448**
		skipped question	**0**

8. My service affiation is best described as:

	Response Percent	Response Count
Army	0.4%	2
Navy	**92.6%**	**414**
Marine Corps	2.5%	11
Air Force	0.2%	1
Coast Guard	0.0%	0
Other DoD	2.9%	13
Non-DoD	1.3%	6
	answered question	**447**
	skipped question	**1**

9. My age range is:

	Response Percent	Response Count
0-16	0.0%	0
17-19	0.0%	0
20-29	21.7%	97
30-39	**27.7%**	**124**
40-49	25.7%	115
50-59	21.3%	95
60-99	3.6%	16
	answered question	**447**
	skipped question	**1**

10. My gender is

		Response Percent	Response Count
male		38.3%	171
female		**61.7%**	**276**
		answered question	**447**
		skipped question	**1**

Q1. How did you hear about Crews Into Shape? (select all that apply)		
1	self appointed office fitness advocate	Apr 25, 2013 12:49 PM
2	Janet Mano	Apr 11, 2013 10:43 AM
3	Naval message	Apr 11, 2013 4:23 AM
4	Facebook	Apr 8, 2013 12:05 PM
5	Naval Hospital Bremerton	Apr 8, 2013 12:02 PM
6	Email	Apr 7, 2013 3:42 PM
7	Previous Participant	Apr 7, 2013 5:11 AM
8	Gym fitness program	Apr 5, 2013 11:23 PM
9	friend	Apr 5, 2013 8:15 PM
10	Command News you can use	Apr 5, 2013 2:11 PM
11	Friend	Apr 5, 2013 11:50 AM
12	Department Head	Apr 5, 2013 5:45 AM
13	Naval Base Guam Biggest Winner program	Apr 4, 2013 11:00 PM
14	NBG Biggest Winner program	Apr 4, 2013 10:58 PM
15	Co workers	Apr 4, 2013 1:04 PM
16	co-worker	Apr 4, 2013 11:28 AM
17	email	Apr 4, 2013 10:23 AM
18	LCPO	Apr 4, 2013 6:28 AM
19	email	Apr 3, 2013 12:58 PM
20	Supervisor	Apr 3, 2013 12:29 PM
21	Vanessa Cable at Naval Hosp Brem HRO organized this	Apr 3, 2013 12:22 PM
22	Supervisor	Apr 3, 2013 11:10 AM
23	Immediate Supervisor	Apr 3, 2013 9:42 AM
24	News you can use	Apr 3, 2013 8:55 AM
25	Supervisor	Apr 3, 2013 8:34 AM
26	NMCPHC training	Apr 3, 2013 8:33 AM
27	VPP	Apr 3, 2013 8:26 AM

Q1. How did you hear about Crews Into Shape? (select all that apply)		
28	coworker	Apr 3, 2013 8:00 AM
29	My Commander	Apr 3, 2013 7:51 AM
30	News you can use PSNS Intranet	Apr 3, 2013 7:16 AM
31	News You can use	Apr 2, 2013 4:04 PM
32	Refit Review	Apr 2, 2013 2:05 PM
33	Co-Worker sent out invitation to get team together	Apr 2, 2013 12:32 PM
34	Command Webpage	Apr 2, 2013 12:15 PM
35	News you can use on the intra net	Apr 2, 2013 9:51 AM
36	Did the program last year	Apr 2, 2013 7:34 AM
37	Knew it was happening because I've done it before. Website.	Apr 2, 2013 7:07 AM
38	working out in the gym downstairs	Apr 2, 2013 7:00 AM
39	An associate informed me of the program.	Apr 2, 2013 6:18 AM
40	Luzmarie Youngers	Apr 2, 2013 6:05 AM
41	participated last year	Apr 2, 2013 5:26 AM
42	Co-worker	Apr 2, 2013 5:02 AM
43	emails	Apr 1, 2013 10:09 PM
44	I am Command HP plus have participated in the past and enjoyed it so much	Apr 1, 2013 6:17 PM
45	members of my command wardroom mentioned it	Apr 1, 2013 1:46 PM
46	recruited by crew leader	Apr 1, 2013 1:45 PM
47	Co-worker	Apr 1, 2013 12:53 PM
48	LTJG TSUHAKO	Apr 1, 2013 12:47 PM
49	Co-worker	Apr 1, 2013 12:46 PM
50	ALPO	Apr 1, 2013 12:42 PM
51	email	Apr 1, 2013 11:51 AM
52	email	Apr 1, 2013 9:04 AM
53	Public Affairs Office	Apr 1, 2013 8:59 AM
54	e-mail	Apr 1, 2013 7:17 AM

Q1. How did you hear about Crews Into Shape? (select all that apply)		
55	Local person setting up team.	Apr 1, 2013 5:55 AM
56	Total Force HR News	Apr 1, 2013 5:37 AM
57	Luis Martinez (ship shape)	Mar 31, 2013 10:41 PM
58	friend	Mar 31, 2013 5:11 PM
59	MSO	Mar 30, 2013 11:15 PM
60	My blue team from biggest winner	Mar 29, 2013 4:34 PM
61	Fitness Center sponsored event including Ship Shape	Mar 29, 2013 4:27 PM
62	ShipShape instructor during Biggest Winner competition	Mar 29, 2013 3:17 PM
63	Brenda Venner	Mar 29, 2013 9:59 AM
64	email	Mar 27, 2013 5:17 PM

Q2. The Crews Into Shape helped me improve:		
1	good motivator	Apr 25, 2013 12:49 PM
2	It was nice to have abenchmark to meet and share that with co-workers	Apr 11, 2013 4:23 AM
3	I was not as involved as I should have been.	Apr 10, 2013 8:11 AM
4	good information; I pledge to keep the good work up, motivation and portion control of food intake	Apr 9, 2013 12:40 PM
5	Susie Simms C100pi PSNS Great!	Apr 8, 2013 1:38 PM
6	Thanks for the encouragement!	Apr 8, 2013 12:58 PM
7	Helped me to stay on track.	Apr 8, 2013 12:02 PM
8	Excellent Program, can't wait till next year. I have a whole year to practice.	Apr 8, 2013 11:48 AM
9	already do these things fairly regularly	Apr 8, 2013 9:44 AM
10	Keeping a log definitely put things into prospective and helped me identify what i needed to improve.	Apr 8, 2013 9:11 AM
11	Loved the event!	Apr 8, 2013 7:19 AM
12	This was a great program; I learned a lot about food and the way my body reacts to a different diet. I would like the program to be longer. I've kept up the routine into this post-crew second week; I've already had my 1st fruit for the day.	Apr 8, 2013 6:16 AM
13	It was fun and easy.	Apr 8, 2013 5:27 AM
14	It made me more aware of habbits that I have and habbits that i need to get use to...	Apr 8, 2013 5:17 AM
15	Good ideas to get those that dont think about vegetable and fruity intake to do more of it.	Apr 7, 2013 3:28 PM
16	Good team building activity	Apr 7, 2013 5:11 AM
17	it's a good self motivation program	Apr 6, 2013 12:03 PM
18	good program to help sailors and marines on healthy eating and exercising	Apr 5, 2013 5:51 PM
19	I'm pretty active, so I actually have to force myself to take rest days....	Apr 5, 2013 2:17 PM
20	Crews into shape really did help me remember how enjoyable it is to eat fruit.	Apr 5, 2013 2:11 PM
21	It really helped me to achieve and maintain goals!!	Apr 5, 2013 12:47 PM
22	It was like a reminder to me. It motivated me to go to the gym everyday and watch out on my diet.	Apr 5, 2013 9:59 AM
23	na	Apr 5, 2013 8:38 AM
24	Very nice motivational tool	Apr 5, 2013 8:18 AM

Q2. The Crews Into Shape helped me improve:		
25	I like it. It motivates me	Apr 5, 2013 8:06 AM
26	Great Program when you have the time to fully commitment	Apr 5, 2013 7:56 AM
27	It should be a serving size not a cup	Apr 5, 2013 7:26 AM
28	Good program for raising awareness	Apr 5, 2013 6:22 AM
29	It was fun to be accountable and to look forward to loosing the weight.	Apr 5, 2013 5:08 AM
30	Nice kick start to better eating and exercise	Apr 4, 2013 2:15 PM
31	Making the committment kept me on track!	Apr 4, 2013 1:04 PM
32	Would like to have seen a Navy Wide Dash board/Web Site that listed our teams and compared us to other teams across our command and the Navy. Would have been motivating!	Apr 4, 2013 11:35 AM
33	I really using the Supertracker, it challenges even more to get 5-A-day & physical activity b/c I want to have good percentages daily.	Apr 4, 2013 10:23 AM
34	This needs to be a year round affair promoting health	Apr 4, 2013 9:42 AM
35	The experience was a welcomed change in life style and I enjoyed the mini support group.	Apr 4, 2013 7:36 AM
36	I think that we should be able to replace the fruit requirement with more vegetables (have a tough time eating enough fruit but veggies are just as healthy)	Apr 4, 2013 7:34 AM
37	I did it in part with Shipshape and FEP	Apr 3, 2013 2:13 PM
38	Was good reminder. I eat healthy, exercise regularly anyway	Apr 3, 2013 12:22 PM
39	It is simple and fun; great spring motivator	Apr 3, 2013 9:40 AM
40	I think it is a good program. It gave me more awareness of my eating habits and physical activity.	Apr 3, 2013 8:55 AM
41	If this runs for a longer period, need further flexibility in numbers - the stomach bug hit our office and messed up your stats.	Apr 3, 2013 8:34 AM
42	I have enjoyed the group support as well as getting to know my coworkers better	Apr 3, 2013 8:00 AM
43	I like these types of programs. They give an extra incentive to eat better and work out regularly.	Apr 3, 2013 7:50 AM
44	This month made me aware of my fruit intake (lack thereof).	Apr 3, 2013 7:41 AM
45	It was in one simple word "enlightening"	Apr 3, 2013 7:32 AM
46	As a crew leader I find the administrative requirements somewhat cumbersome	Apr 3, 2013 7:16 AM
47	A good reminder of what I should be doing.	Apr 3, 2013 6:04 AM

Q2. The Crews Into Shape helped me improve:		
48	Fun competition that really pushed me to improve my health	Apr 3, 2013 4:25 AM
49	Please change it from "cups" to "servings." The language spoken by most these days is servings. It's hard to always know what exactly a cup is. Simplify it.	Apr 2, 2013 11:13 PM
50	I do fine with my fruit intake and my physical activity, but struggle to get veggies in. Crews helped me to make a point to get in my veggies everyday!	Apr 2, 2013 11:07 PM
51	Good program	Apr 2, 2013 7:16 PM
52	Great program to keep me motivated and mindful of my daily intake of fruits and vegetables!	Apr 2, 2013 5:39 PM
53	very good idea should TRI-Annual every four months	Apr 2, 2013 2:26 PM
54	This time frame seemed to be the perfect amount of time to change my daily fruit and vegetable intake routine into an actual lifestyle change.	Apr 2, 2013 12:32 PM
55	Good kick start to Spring_Summer	Apr 2, 2013 10:41 AM
56	I get tool to motivate people to stay healthy and fit.	Apr 2, 2013 10:32 AM
57	Would've appreciated greatly time to work out at work	Apr 2, 2013 10:29 AM
58	Helps me be conscious of making healthy choices	Apr 2, 2013 10:04 AM
59	Love it...we win every year. Helps me focus on the right way to eat.	Apr 2, 2013 9:45 AM
60	great program	Apr 2, 2013 9:12 AM
61	It was a great motivator to keep me honest about keeping on a track.	Apr 2, 2013 8:45 AM
62	Too much emphasis on just eating all of the required fruits/vegetables instead of discussion of an overall balanced diet, integrating the fruits and vegetables in with everything else.	Apr 2, 2013 8:21 AM
63	Great group event!	Apr 2, 2013 7:56 AM
64	Useful	Apr 2, 2013 7:36 AM
65	Being part of a team helped me to track my fruit, vegetables, and physical activity.	Apr 2, 2013 7:25 AM
66	The program provides a friendly reminder/incentive each day to eat better and work out.	Apr 2, 2013 7:20 AM
67	great program that promotes awareness and encourages activity	Apr 2, 2013 7:00 AM
68	Lots of fun and team collaboration.	Apr 2, 2013 6:26 AM
69	I think 2 cups of fruit is excessive since they contain sugar. I was dieting during the program and chose not to eat a lot of fruit.	Apr 2, 2013 6:23 AM
70	i think a strong emphasis on dietary intake without rewarding a well rounded diet	Apr 2, 2013 6:23 AM

Q2. The Crews Into Shape helped me improve:		
	might give a poor impression of a proper diet and reasonable portions for better eating habits.	
71	This was a good daily reminder and motivator	Apr 2, 2013 6:18 AM
72	A great motivator in maintaining a healthier lifestyle.	Apr 2, 2013 6:14 AM
73	It was a great activity, but that last serving of vegetables was rough.	Apr 2, 2013 4:59 AM
74	My team leader made it fun and it was nice to be engaged in a group.	Apr 2, 2013 4:35 AM
75	Great Program!	Apr 2, 2013 3:42 AM
76	great program, helped be really conscious and aware of my fruit and vegetable intake.	Apr 2, 2013 3:42 AM
77	It has made me more aware of what I need to do but sometimes I felt as though I tried too hard and therefore did not succeed in some areas	Apr 1, 2013 6:17 PM
78	Great program and easy to follow	Apr 1, 2013 4:51 PM
79	Fourth year. I have made major improvements in my eating habits over these four years and Crews really helped.	Apr 1, 2013 3:25 PM
80	Increased awareness of my daily consumption.	Apr 1, 2013 2:23 PM
81	It dramatically improved my diet, I'm going ot keep up with the log just for my own benefit!	Apr 1, 2013 1:46 PM
82	I didn't need to change much. I just documented my normal habits.	Apr 1, 2013 1:16 PM
83	Pointless when forced to participate.	Apr 1, 2013 12:47 PM
84	Really needed to improve on what not to eat	Apr 1, 2013 12:46 PM
85	Good source of information, i like the weekly newsletter.	Apr 1, 2013 12:42 PM
86	Info on fruit and veggie requirements	Apr 1, 2013 12:35 PM
87	good primer; hard to do while out of town on orders	Apr 1, 2013 12:18 PM
88	Motivated me to eat more fruit	Apr 1, 2013 11:51 AM
89	My fruit/vegetable intake was almost non-existent, but I was an avid gym-goer before the program.	Apr 1, 2013 11:42 AM
90	Weeklog is a great tool. Thanks.	Apr 1, 2013 11:28 AM
91	Daily water intake should be added to the list of activities	Apr 1, 2013 10:54 AM
92	More points for the more intense the workout, a marthon counts the same as 30min walking on a treadmill	Apr 1, 2013 10:53 AM
93	I was already working out regularly, but I needed to eat more healthy-- and this	Apr 1, 2013 10:40 AM

Q2. The Crews Into Shape helped me improve:		
	helped me! thanks!	
94	The group environment and physical activity was fun.	Apr 1, 2013 9:43 AM
95	I definitely was able to eat a variety to meet the 2 cup fruit and 3 cup veggie goal, but noticed that my vitamin intake in doing so was very high. For example, some days I had an excess of 700% of Vitamin A, a fat soluable vitamin. It would be interesting if Crews Into Shape addressed the idea of overdosing on vitamins. Is it bad to do that on a regular basis?	Apr 1, 2013 9:30 AM
96	Excellent motivation to adhere to a rigid program	Apr 1, 2013 9:20 AM
97	I always had fruit in my diet but this program helped me eat more veggies.	Apr 1, 2013 9:17 AM
98	I always had fruits in my diet but this program helped me eat more veggies than I've ever eaten. Thanks	Apr 1, 2013 9:15 AM
99	I was already very active and am an RD. Eating well is part of my profession, but it was nice to help out my team with changing their dietary patterns.	Apr 1, 2013 8:34 AM
100	It definately changed my eating habits and ramped up my workout to a more healthy lifestyle. The crew actually commited to doing a Corporate 5K representing NAVAIR, which is awesome as we have none	Apr 1, 2013 8:15 AM
101	It definately changed my eating habits and ramped up my workout to a more healthy lifestyle. The crew actually commited to doing a Corporate 5K representing NAVAIR, which is awesome as we have none	Apr 1, 2013 8:14 AM
102	I would like to see a better definition as what counts as a fruit and vegetable.	Apr 1, 2013 7:51 AM
103	i was already living a healthy lifestyle	Apr 1, 2013 7:46 AM
104	It was a lot of fun and motivating to be on a team :)	Apr 1, 2013 7:34 AM
105	I enjoyed it, it helped build teamwork and emphasis on eating healthier.	Apr 1, 2013 7:24 AM
106	This should also include water intake it is very important (about 10 8oz glasses a day give or take)	Apr 1, 2013 7:17 AM
107	It was enjoyable!!	Apr 1, 2013 6:38 AM
108	A very good program to improve your health and make you feel better about yourself.	Apr 1, 2013 6:30 AM
109	Mostly made me more aware of what my food intake was and did add accountability on working out	Apr 1, 2013 5:55 AM
110	I have been watching my diet and exercise ever since I got a pre-diabetes diagnosis 3 years ago.	Apr 1, 2013 5:51 AM
111	It motivated me to enter and complete my first 5K!!	Apr 1, 2013 5:37 AM
112	if your not used to eating the required amount of vegetables. it does get hard.	Apr 1, 2013 2:42 AM

Q2. The Crews Into Shape helped me improve:		
113	great . I enjoyed it.....	Mar 31, 2013 9:29 PM
114	was not able to stay on track due to an overwhelming months and more to come	Mar 31, 2013 3:35 PM
115	It was a great way to help me stay on track with getting healthier .	Mar 31, 2013 4:15 AM
116	great ideas!	Mar 30, 2013 3:46 PM
117	Kept me honest. I want to make a similar commitment for each month.	Mar 29, 2013 4:27 PM
118	Very helpful in showing me areas where I needed improve--namely upping my fruits & veggies intake. Plus, it was fun to share it with a team; lots of support and camaraderie!	Mar 29, 2013 3:17 PM
119	Love it!	Mar 29, 2013 9:59 AM
120	It was fun getting together for Team walks!	Mar 29, 2013 6:50 AM
121	My partner and I will continue our walks each day.	Mar 29, 2013 6:17 AM
122	Good program to really make me take notice of my fruit and veggie intake	Mar 29, 2013 6:09 AM
123	It's a good way to get MORE motivated in your healthy/unhealthy lifestyle!	Mar 28, 2013 3:54 AM
124	I found that I eat more fruit than I thought, and a lot less vegetables. This was a great way to make a dietary change without being on a "diet".	Mar 27, 2013 5:17 PM
125	Fun way to get together with friends for fitness!	Mar 27, 2013 11:49 AM
126	I was already consuming more than the minimum of fruits and veggies.	Mar 27, 2013 7:15 AM
127	It was a good motivator to make it more of a priority.	Mar 26, 2013 1:43 PM
128	great program, increased awareness of F/V intake and promotes teamwork. This is my 3rd season.	Mar 11, 2013 12:58 PM
129	very good for people who need help in these catagories. i was doing all activites prior to this	Mar 11, 2013 12:22 PM
130	Make this all easier to implememt--everything on one website with one stop to set up. I.E. go to the website, step one is to fill out the health quesitonaire, step 2 is the contract, step 3-3.x are the related websites (SuperTracker, etc.) and a self-tracking tool is available.	Mar 11, 2013 4:25 AM
131	great program to get you started and keep you going during the initial and critical startup and change	Mar 7, 2013 5:24 AM
132	beneficial program	Mar 5, 2013 8:08 AM
133	Good program to create healthy habits	Mar 4, 2013 12:28 PM
134	Excellent starter program for someone who has not been in a regular exercise routine.	Mar 4, 2013 8:00 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
1	never read it never got it	Apr 25, 2013 12:49 PM
2	I like it like it is. Short and easy to read	Apr 11, 2013 10:43 AM
3	Add a Facebook App that shows progress; Sailors love being competitive.	Apr 11, 2013 4:23 AM
4	none	Apr 10, 2013 8:11 AM
5	none.	Apr 9, 2013 12:40 PM
6	computer based submission of crew member weekly log.	Apr 9, 2013 8:37 AM
7	The suggested amounts of food would make me consume more calories each day then I normally would.	Apr 9, 2013 7:35 AM
8	The spreadsheet is poor quality and the points system is silly.	Apr 9, 2013 7:07 AM
9	None at this time.	Apr 9, 2013 3:37 AM
10	No	Apr 8, 2013 5:01 PM
11	n/a	Apr 8, 2013 2:15 PM
12	Physical Fitness recommendations say you should take a day or 2 of rest. So I think it would good if the challenge reflected that and put a cap at 5 or 6 points for physical activity instead of allowing up to 7.	Apr 8, 2013 1:40 PM
13	na	Apr 8, 2013 1:38 PM
14	Thanks for the encouragement! ;-)	Apr 8, 2013 12:58 PM
15	No	Apr 8, 2013 12:22 PM
16	NA	Apr 8, 2013 12:05 PM
17	No recommendations. I really like the newsletter and flyers.	Apr 8, 2013 12:02 PM
18	no	Apr 8, 2013 12:02 PM
19	no	Apr 8, 2013 11:58 AM
20	no	Apr 8, 2013 11:52 AM
21	No, I liked what was put out. Keep up the good work!	Apr 8, 2013 11:48 AM
22	None	Apr 8, 2013 11:41 AM
23	I enjoyed the weekly News.	Apr 8, 2013 11:34 AM
24	no	Apr 8, 2013 9:44 AM
25	No	Apr 8, 2013 9:33 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
26	No great program!	Apr 8, 2013 9:11 AM
27	No	Apr 8, 2013 8:42 AM
28	Longer time	Apr 8, 2013 7:19 AM
29	No	Apr 8, 2013 7:12 AM
30	No I do not.	Apr 8, 2013 6:53 AM
31	I don't recall seeing the Crews News letter	Apr 8, 2013 6:16 AM
32	More structure	Apr 8, 2013 6:08 AM
33	NA	Apr 8, 2013 5:55 AM
34	N/A	Apr 8, 2013 5:40 AM
35	Provide more helpful food recommendations for healthy and tasty dinner meals.	Apr 8, 2013 5:37 AM
36	N/A	Apr 8, 2013 5:27 AM
37	N/A	Apr 8, 2013 5:17 AM
38	Foo and Health and fitness news and ideas are nice to receive	Apr 8, 2013 5:03 AM
39	Carry on with or without the crews team healthy is better	Apr 8, 2013 1:42 AM
40	I think that there should be some kind of reward such as a day off or maybe a small gift card or gift basket for the winning team! Make it more enticing to get more people involved!	Apr 7, 2013 8:35 PM
41	I don't think that a future event should be calculated into the final team score. One, it is after the challenge. Two, there may be something unexpected, and the team may not be able to participate as planned, however, they were able to calculate that into the score.	Apr 7, 2013 8:01 PM
42	Everything is great and its very helpful to improve my dietand exercise habits.	Apr 7, 2013 6:00 PM
43	a 6 week challenge would be helpful also as 4 weeks seemed a little short to make progress. I did accomplish my goal though. the newsletter was extremely helpful and a twice yearly challenge would be fun also.	Apr 7, 2013 4:27 PM
44	no	Apr 7, 2013 4:17 PM
45	No recommendation at this time	Apr 7, 2013 3:42 PM
46	N/A	Apr 7, 2013 3:40 PM
47	none. program is easy and manageable the way it is.	Apr 7, 2013 3:40 PM
48	Would like to see you ask how much water is consumed in a day and score a point for it.	Apr 7, 2013 3:28 PM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
49	not at this time	Apr 7, 2013 7:10 AM
50	No	Apr 7, 2013 6:22 AM
51	Announce competition beggining in Feb to allow max participation.	Apr 7, 2013 5:11 AM
52	None	Apr 6, 2013 7:35 PM
53	none	Apr 6, 2013 3:48 PM
54	stress on the importance of enough sleep, stress management, meditation	Apr 6, 2013 12:03 PM
55	None	Apr 6, 2013 5:08 AM
56	No, it's a great program overall!	Apr 6, 2013 4:27 AM
57	Keep up the outstanding work.	Apr 6, 2013 2:27 AM
58	no	Apr 5, 2013 11:23 PM
59	no	Apr 5, 2013 9:17 PM
60	maybe add having to keep track of how much sugar intake per day, could be negative points	Apr 5, 2013 9:01 PM
61	Everything is great!	Apr 5, 2013 8:15 PM
62	good info	Apr 5, 2013 5:51 PM
63	no	Apr 5, 2013 4:43 PM
64	no	Apr 5, 2013 3:53 PM
65	Something above and beyond just 30 mins exercise. I do 50 mins bike and 1 hour weight lifting monday through friday. I liked how it was simple, but some of me wants it to be a little more involved.	Apr 5, 2013 2:50 PM
66	i did not see the news letter and cannot comment on it's content	Apr 5, 2013 2:42 PM
67	Sometimes the files on the Crews News were pretty big and gunked up my e-mail.	Apr 5, 2013 2:17 PM
68	frequency of distribution. Only remember seeing one, how often are they currently issued?	Apr 5, 2013 2:11 PM
69	None.	Apr 5, 2013 2:09 PM
70	No other recommendations.	Apr 5, 2013 1:59 PM
71	The only thing I would do differently is marketing. I'd start marketing the challenge at Christmas time and I'd start taking signups then. Maybe even weekly challenges or ideas for teams to do and have an option for submission for bragging rights weekly.	Apr 5, 2013 12:47 PM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
72	include a bmi index calculator chart, or send folks to one on the internet where they can calculate their bmi.	Apr 5, 2013 11:54 AM
73	none	Apr 5, 2013 11:50 AM
74	no	Apr 5, 2013 11:24 AM
75	Try to send out the news crews letter to the team leaders the first day of the week instead of waiting until Wednesday to send them out.	Apr 5, 2013 9:59 AM
76	No	Apr 5, 2013 9:56 AM
77	No	Apr 5, 2013 9:41 AM
78	Distributed on Monday rather then Tuesday would help. More recipes or healty living info would be appreciated.	Apr 5, 2013 9:34 AM
79	NONE	Apr 5, 2013 9:06 AM
80	no	Apr 5, 2013 8:39 AM
81	na	Apr 5, 2013 8:38 AM
82	na	Apr 5, 2013 8:38 AM
83	no.	Apr 5, 2013 8:32 AM
84	No	Apr 5, 2013 8:18 AM
85	None	Apr 5, 2013 8:06 AM
86	We need motivatoin to keep going	Apr 5, 2013 7:57 AM
87	No	Apr 5, 2013 7:56 AM
88	No	Apr 5, 2013 7:26 AM
89	more receipes	Apr 5, 2013 6:38 AM
90	More healthy recipes would be great.	Apr 5, 2013 6:29 AM
91	Continue the newsletter	Apr 5, 2013 6:22 AM
92	Consider adding a box for weekly participation on the weekly data sheet for ease of data input.	Apr 5, 2013 5:45 AM
93	no	Apr 5, 2013 5:39 AM
94	Not at this time.	Apr 5, 2013 5:08 AM
95	It's a challenge with a seagoing command, but this time worked ok.	Apr 4, 2013 11:00 PM
96	n/a	Apr 4, 2013 10:58 PM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
97	I can't think of any improvements in the news letter	Apr 4, 2013 9:26 PM
98	No	Apr 4, 2013 4:49 PM
99	none	Apr 4, 2013 3:16 PM
100	no	Apr 4, 2013 2:15 PM
101	Provide dessemenation to youth and the gyms	Apr 4, 2013 1:04 PM
102	NO	Apr 4, 2013 12:52 PM
103	none	Apr 4, 2013 12:42 PM
104	like it to last longer	Apr 4, 2013 12:31 PM
105	Nothing.	Apr 4, 2013 12:03 PM
106	no	Apr 4, 2013 11:42 AM
107	No	Apr 4, 2013 11:38 AM
108	No.	Apr 4, 2013 11:35 AM
109	weekly is adequate, recipes helpful.	Apr 4, 2013 11:28 AM
110	have the program more challenging and motivational to others doing the program	Apr 4, 2013 11:28 AM
111	no recommendations	Apr 4, 2013 11:14 AM
112	None	Apr 4, 2013 10:25 AM
113	None.	Apr 4, 2013 10:23 AM
114	Info for those with disabilities, food allergies, medical conditions. Seems program is geared only for the healthy	Apr 4, 2013 10:16 AM
115	Yes we need time off to exercise it was very helpful	Apr 4, 2013 9:46 AM
116	no	Apr 4, 2013 9:42 AM
117	stress and eating	Apr 4, 2013 9:27 AM
118	no	Apr 4, 2013 9:08 AM
119	I enjoyed the news letter.	Apr 4, 2013 7:58 AM
120	I have no recommendation to change the newsletter. I would like to recommend the period of the challenge be extended to 60 days vice 30.	Apr 4, 2013 7:36 AM
121	nope	Apr 4, 2013 7:34 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
122	I think the current format is great! The news letter was informative.	Apr 4, 2013 6:28 AM
123	no	Apr 4, 2013 6:22 AM
124	n/a	Apr 4, 2013 5:44 AM
125	Make it longer maybe?	Apr 4, 2013 5:31 AM
126	None at this time	Apr 4, 2013 5:14 AM
127	no	Apr 4, 2013 4:44 AM
128	Longer, team based reward, and web/app base crew workout sheet.	Apr 4, 2013 4:43 AM
129	N/A	Apr 4, 2013 2:00 AM
130	no	Apr 3, 2013 6:03 PM
131	no	Apr 3, 2013 2:46 PM
132	NONE	Apr 3, 2013 2:36 PM
133	I like the Crews News, but as the challenge is only 4 weeks, I think it would be benificial to have more newsletters. I like the recipes.	Apr 3, 2013 2:13 PM
134	A suggested workout plan would have been helpful.	Apr 3, 2013 2:06 PM
135	None.	Apr 3, 2013 12:58 PM
136	YES	Apr 3, 2013 12:46 PM
137	no	Apr 3, 2013 12:31 PM
138	I never received Crews News therefore cannot comment.	Apr 3, 2013 12:29 PM
139	n/a	Apr 3, 2013 12:27 PM
140	Excellent structure...great catalyst for trying a few life changes!	Apr 3, 2013 12:25 PM
141	Just Do it!	Apr 3, 2013 12:22 PM
142	Exercise may benefit from having points related to intensity and duration.	Apr 3, 2013 12:13 PM
143	Not at this time.	Apr 3, 2013 12:08 PM
144	it might be nice to have a field for a single dietary CHANGE item of choice: eg: one less soda/cup of coffee per day- to help instill small (daily reachable goal) changes	Apr 3, 2013 11:42 AM
145	No	Apr 3, 2013 11:10 AM
146	n/a	Apr 3, 2013 10:54 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
147	I think we should gets points based on the amount of exercise. Not everyone desires to exercise daily but may do the same amount of work in fewer days. I hope that makes sense.	Apr 3, 2013 10:38 AM
148	Everything was great	Apr 3, 2013 10:19 AM
149	make sure kickoff meeting/rules is a week before it kicks off. Ours was the day off and it was too rushed to get everything turned in and communicated to me team.	Apr 3, 2013 10:15 AM
150	better ideas of vegetables, especially for breakfast and lunch and menu and recipe ideas.	Apr 3, 2013 10:01 AM
151	no	Apr 3, 2013 10:00 AM
152	Make it longer.	Apr 3, 2013 9:45 AM
153	Longer duration, start right after the first of the year.	Apr 3, 2013 9:42 AM
154	I liked it, the recipe's were good. Examples of desk exersice would be a good focus	Apr 3, 2013 9:40 AM
155	No.	Apr 3, 2013 9:37 AM
156	I would like to see more participation.	Apr 3, 2013 9:21 AM
157	I liked the excercize examples and the recipes, even if I never actually try some of them.	Apr 3, 2013 8:55 AM
158	No	Apr 3, 2013 8:34 AM
159	no	Apr 3, 2013 8:34 AM
160	Motivation. This year it was hard to get our MTF up and going on this.	Apr 3, 2013 8:33 AM
161	would like to see facebook posts	Apr 3, 2013 8:26 AM
162	Print out the members of the teams to show participation of command?	Apr 3, 2013 8:16 AM
163	no	Apr 3, 2013 8:00 AM
164	no	Apr 3, 2013 7:51 AM
165	Possibly a variation of the crews get togethers. We have such diverse working hours that we never did a team effort. I think something like allowing extra points to be accumulated for everyone participating in an activity even if they couldn;'t all do it together. For example swimming, but maybe not everyone could go to the same session, but if they went and swam within 24 hours of the event then they could still get the extra points.	Apr 3, 2013 7:50 AM
166	N/A	Apr 3, 2013 7:42 AM
167	I suggest adding daily water consumption to the program.	Apr 3, 2013 7:41 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
168	I think the amount of recommended fruit is too high. I tend to eat Paleo and that seemed like too much fructose each day; wish the tracking sheet tracked water intake too (8 cups a day goal).	Apr 3, 2013 7:35 AM
169	sure do	Apr 3, 2013 7:32 AM
170	Crews News was great. Always had a healthy recipe and an exercise.	Apr 3, 2013 7:27 AM
171	Making the crew log and the crew worksheet line up in the same order would be one small help to the "paperwork".	Apr 3, 2013 7:16 AM
172	too many emails sent; keep rules simple. had to sign up for a site I don't use; nice to know it's there, but I already track weight & intake on another; should get credit for using any. 6 weeks would be do-able, but I don't think I'd do 3 months.	Apr 3, 2013 7:11 AM
173	too many emails sent; keep rules simple. had to sign up for a site I don't use; nice to know it's there, but I already track weight & intake on another; should get credit for using any. 6 weeks would be do-able, but I don't think I'd do 3 months.	Apr 3, 2013 7:11 AM
174	No	Apr 3, 2013 7:06 AM
175	none at this time	Apr 3, 2013 6:13 AM
176	Would like to see more recipes.	Apr 3, 2013 6:04 AM
177	N/A	Apr 3, 2013 5:53 AM
178	NO	Apr 3, 2013 5:04 AM
179	No	Apr 3, 2013 5:03 AM
180	None	Apr 3, 2013 4:54 AM
181	N/A	Apr 3, 2013 4:25 AM
182	not at this time	Apr 3, 2013 12:55 AM
183	Would like to see it twice a year, before each PRT cycle	Apr 2, 2013 11:42 PM
184	None	Apr 2, 2013 11:13 PM
185	Not really.	Apr 2, 2013 11:07 PM
186	None at this time.	Apr 2, 2013 7:16 PM
187	none	Apr 2, 2013 5:39 PM
188	I liked that it was a quick read.	Apr 2, 2013 4:04 PM
189	weekly workout routine plans-20 pushups, 50 situps, jog for 5 mins, squats, etc.	Apr 2, 2013 3:47 PM
190	I would like to see more participation by others	Apr 2, 2013 2:26 PM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
191	None	Apr 2, 2013 2:05 PM
192	no	Apr 2, 2013 1:26 PM
193	None	Apr 2, 2013 1:09 PM
194	No, I don't have any recommendations.	Apr 2, 2013 12:55 PM
195	The food/exercise log sheet could be improved; currently no place available for the extra points (crews activity, turning sheet in on time, etc). Also there is no place to put the date!	Apr 2, 2013 12:55 PM
196	No recommendations	Apr 2, 2013 12:39 PM
197	Maybe add an on-line/interactive blogspot or forum for teams to share activity ideas or other info?	Apr 2, 2013 12:32 PM
198	I enjoyed Crews News. It was quick and easy to read and provided lots of good information.	Apr 2, 2013 12:15 PM
199	I like the recipes and exercise suggestions	Apr 2, 2013 12:08 PM
200	Increase frequencey of newsletter if possible	Apr 2, 2013 11:45 AM
201	What if we did one during the holidays and geared it toward surviving the holidays in a healthful way. This would be in addition to the Spring Crews.	Apr 2, 2013 11:42 AM
202	None	Apr 2, 2013 11:38 AM
203	None	Apr 2, 2013 11:27 AM
204	no	Apr 2, 2013 11:25 AM
205	None	Apr 2, 2013 11:04 AM
206	Tips of the Day from Super Tracker, i.e., dip your fruit in yogart, or pudding.	Apr 2, 2013 10:41 AM
207	None	Apr 2, 2013 10:34 AM
208	Some how try to get the whole command involved. ??	Apr 2, 2013 10:32 AM
209	59 minutes to work out would be GRACIOUS and highly appreciated!!	Apr 2, 2013 10:29 AM
210	None	Apr 2, 2013 10:15 AM
211	Seems like there was too much paperwork required to participate. Puts too much work on the Crew Leader. We should not keep points because that is what takes so much time. We should just participate and have fun without having to complete so much paperwork. This also was a wast of resources and time to complete all of the forms. however, appreciate the program and all of the positive influence that it brings to the workplace and that it promotes healthy living. The resources such as newsletter and recipes were nice to have as optional reading.	Apr 2, 2013 10:04 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
212	Not at this time.	Apr 2, 2013 9:58 AM
213	As a 1st time particapant it was hard to find the info. I needed and get it out to my crews. It was a lot of work for something that should be so simple.	Apr 2, 2013 9:51 AM
214	Allow for your weekly excercise routine of so many minutes vice daily. I think more would participate. For example if they cannot do 30 minutes every day but can work out other days and make up for it.	Apr 2, 2013 9:45 AM
215	I was not aware that there was a Crews News newsletter.	Apr 2, 2013 9:41 AM
216	NO	Apr 2, 2013 9:38 AM
217	No.	Apr 2, 2013 9:36 AM
218	No	Apr 2, 2013 9:27 AM
219	Nope.	Apr 2, 2013 9:17 AM
220	None	Apr 2, 2013 9:14 AM
221	NO	Apr 2, 2013 9:13 AM
222	no	Apr 2, 2013 9:12 AM
223	It was difficult to reach the servings of daily fruit due to being underway. After about 5 days of a 45 day underway our fruit is either consumed and gone or brown and rotting.	Apr 2, 2013 9:11 AM
224	Nope.	Apr 2, 2013 9:10 AM
225	Limit newsletters to one at the start and one at the end.	Apr 2, 2013 9:10 AM
226	different challenges each week would keep people interested throughout the entire time period... like a no chocolate or a no soda challenge during one of the week for extra points to change it up.	Apr 2, 2013 8:54 AM
227	Maybe add recipies and workout routines.	Apr 2, 2013 8:46 AM
228	It would have been nice if the program (if made longer), had some type of metrics against other teams to motivate our team to work based on the progress of others.	Apr 2, 2013 8:45 AM
229	None at this time	Apr 2, 2013 8:24 AM
230	Would like to see recipes more focused on fruits/vegetables as main ingredients as a way to help people get in their servings.	Apr 2, 2013 8:21 AM
231	No	Apr 2, 2013 8:21 AM
232	Longer event?	Apr 2, 2013 7:56 AM
233	n/a	Apr 2, 2013 7:40 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
234	GREAT JOB	Apr 2, 2013 7:40 AM
235	Keep it up!	Apr 2, 2013 7:36 AM
236	If it were to be a longer duration, some modifications would be required, I think to make it sustainable.	Apr 2, 2013 7:36 AM
237	No	Apr 2, 2013 7:34 AM
238	Not at this time	Apr 2, 2013 7:25 AM
239	It depends on the individual if they are going to read or delete information provided, but the more informed the better.	Apr 2, 2013 7:20 AM
240	It looked good!	Apr 2, 2013 7:13 AM
241	nothing except that it needs to run for a longer period of time. Four weeks is not long enough.	Apr 2, 2013 7:11 AM
242	I lke the Crews News format as it is, informative, exercise suggestions, recipes. It's a good mix.	Apr 2, 2013 7:07 AM
243	Focus on the nutritional needs of vegetarians.	Apr 2, 2013 7:06 AM
244	Let the program continue!!!	Apr 2, 2013 7:00 AM
245	No	Apr 2, 2013 6:35 AM
246	no	Apr 2, 2013 6:31 AM
247	More recipes would be helpful	Apr 2, 2013 6:26 AM
248	I think the challenge should also include limiting the number of candy/sweets/snacks. Also I felt that I overate sometimes just to get in the two fruits/three vegetables.	Apr 2, 2013 6:25 AM
249	I did not receive the newsletter so I checked "not helpful"	Apr 2, 2013 6:25 AM
250	none at this time	Apr 2, 2013 6:23 AM
251	No, other than the fruit comment above.	Apr 2, 2013 6:23 AM
252	introduce bonus points for those whom eat their daily reccomended intake of whole grains and healthy proteins, to emphasize proper diet portions and better well rounded diets, versus people snacking on fruits and vegetables all day.	Apr 2, 2013 6:23 AM
253	Instead of just 30 minutes physical activity maybe challenge with specific activities.	Apr 2, 2013 6:22 AM
254	none	Apr 2, 2013 6:21 AM
255	None	Apr 2, 2013 6:18 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
256	More social network integration	Apr 2, 2013 6:17 AM
257	No	Apr 2, 2013 6:14 AM
258	No recommendations @ this time.	Apr 2, 2013 6:14 AM
259	no	Apr 2, 2013 6:05 AM
260	More Physical activity events	Apr 2, 2013 6:04 AM
261	I would like it to be more often; not just once a week, and for a longer period; not just a month.	Apr 2, 2013 6:04 AM
262	N/A	Apr 2, 2013 5:55 AM
263	no	Apr 2, 2013 5:51 AM
264	None	Apr 2, 2013 5:41 AM
265	Very difficult getting into websites. Old web address?	Apr 2, 2013 5:35 AM
266	None	Apr 2, 2013 5:30 AM
267	None, Keep with the good work!	Apr 2, 2013 5:27 AM
268	No recommendations. The Crews News was a resourceful newsletter.	Apr 2, 2013 5:26 AM
269	No reccomandation	Apr 2, 2013 5:22 AM
270	N/A	Apr 2, 2013 5:19 AM
271	None	Apr 2, 2013 5:17 AM
272	Longer Duration.	Apr 2, 2013 5:17 AM
273	I think it would be a good idea to scrap the local PAX weekly event for the workout during work. I liked the weekly info sessions, but was not overly thrilled with the idea of working out during the day.	Apr 2, 2013 5:15 AM
274	Format was good since it was in a PDF format.	Apr 2, 2013 5:13 AM
275	Including more healthy recipes in each edition would be good.	Apr 2, 2013 5:13 AM
276	No	Apr 2, 2013 5:10 AM
277	no	Apr 2, 2013 5:08 AM
278	No, but I do recommend that Commands allow 1 hour, 2 to 3 days a week to help support this program. Getting only 30 min lunch does make it tough to do walks or any form of exercise during the day. It was be nice for the Command to show that additional support.	Apr 2, 2013 5:04 AM
279	none	Apr 2, 2013 5:02 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
280	No	Apr 2, 2013 5:02 AM
281	No recommendations	Apr 2, 2013 5:00 AM
282	eating fruits while managing your diabeties	Apr 2, 2013 5:00 AM
283	I think there should be a 5 point per week max on exercise. It would be nice to have a day off or two from exercise.	Apr 2, 2013 4:59 AM
284	no	Apr 2, 2013 4:59 AM
285	No, the format is good.	Apr 2, 2013 4:49 AM
286	N/A	Apr 2, 2013 4:48 AM
287	No recommendations	Apr 2, 2013 4:47 AM
288	Maybe make a tie in to Fitness Pal	Apr 2, 2013 4:35 AM
289	Format of the data entry sheet, maybe online?	Apr 2, 2013 4:33 AM
290	No recommendations.	Apr 2, 2013 4:24 AM
291	None.	Apr 2, 2013 3:42 AM
292	none	Apr 2, 2013 3:42 AM
293	none	Apr 2, 2013 3:27 AM
294	It was very helpful	Apr 2, 2013 12:19 AM
295	NOT AT THIS TIME	Apr 1, 2013 11:10 PM
296	no	Apr 1, 2013 10:09 PM
297	Great program	Apr 1, 2013 9:43 PM
298	No.	Apr 1, 2013 9:27 PM
299	NONE	Apr 1, 2013 9:22 PM
300	no	Apr 1, 2013 7:15 PM
301	I really would like to have it go longer but maybe have it at different times of the year. Or, we could 'piggy back' on the Presidential challenge or other fitness events throughout the year. Even promoting the keep moving program.	Apr 1, 2013 6:17 PM
302	Extra servings of fruits and veggies get more points	Apr 1, 2013 4:55 PM
303	None at this time	Apr 1, 2013 4:51 PM
304	No.	Apr 1, 2013 3:44 PM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
305	Advertise more ahead to help build excitement. Our participation was down this year.	Apr 1, 2013 3:25 PM
306	No.	Apr 1, 2013 2:23 PM
307	No.	Apr 1, 2013 1:46 PM
308	no	Apr 1, 2013 1:45 PM
309	No	Apr 1, 2013 1:44 PM
310	N/A	Apr 1, 2013 1:28 PM
311	There needs to be a penalty for eating "junk" foods. I can eat the max servings of fruit/vegetables by mid-morning and then eat trash the rest of the day with no penalty.	Apr 1, 2013 1:17 PM
312	I think most people agreed that the requirement to eat fruits/vegetables didn't do anything to actually reduce calorie/junk food intake. I think the program should promote healthy eating by getting rid of unhealthy food.	Apr 1, 2013 1:16 PM
313	No	Apr 1, 2013 1:03 PM
314	None	Apr 1, 2013 12:53 PM
315	Do not make this mandatory.	Apr 1, 2013 12:47 PM
316	Include foods not to eat.	Apr 1, 2013 12:46 PM
317	No	Apr 1, 2013 12:46 PM
318	no	Apr 1, 2013 12:46 PM
319	Keep up the good work and thank you! V/r	Apr 1, 2013 12:42 PM
320	no	Apr 1, 2013 12:35 PM
321	None	Apr 1, 2013 12:30 PM
322	no	Apr 1, 2013 12:25 PM
323	clarify that "1 cup of vegetables" is a solid 1 cup measure, not a liquid cup! also would you believe that if you are on ADT at WRNMMC there is NO PLACE at the PX to buy fresh fruit?! Apples with the continental breakfast at Navy Lodge was the only fruit available there!	Apr 1, 2013 12:18 PM
324	None	Apr 1, 2013 12:14 PM
325	The advertisment and data available on the website are extremely confusing regarding the point system and actual requirments for the challenge. Please make this more straightforward next time.	Apr 1, 2013 12:06 PM
326	change the weekly report order to match the spread sheet (fruits, vegetables,	Apr 1, 2013 11:51 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
	exercise)	
327	Giving a greater amount of exercise examples would be interesting for adding diversity to workouts.	Apr 1, 2013 11:42 AM
328	We should have at least one Command sponsor 5K fun run/walk either during the week day or weekend.	Apr 1, 2013 11:28 AM
329	NA	Apr 1, 2013 10:56 AM
330	None	Apr 1, 2013 10:54 AM
331	No comment	Apr 1, 2013 10:53 AM
332	no	Apr 1, 2013 10:48 AM
333	no	Apr 1, 2013 10:44 AM
334	I thought the comms techniques were adequate	Apr 1, 2013 10:41 AM
335	Recommend being able to complete charts electronically and submit-- rather than print out and take to rep.	Apr 1, 2013 10:40 AM
336	Put a tally of points earned to spur competition.	Apr 1, 2013 10:26 AM
337	no	Apr 1, 2013 10:08 AM
338	This program should be longer.	Apr 1, 2013 9:43 AM
339	some more exercises that can be done in an office type atmosphere would be great!	Apr 1, 2013 9:43 AM
340	Very well done. Several levels above the usual Navy promos.	Apr 1, 2013 9:37 AM
341	maybe adding a walking component (number of miles completed or something)	Apr 1, 2013 9:34 AM
342	Instead of generic 3 cups and 2 cups as a recommendation, it would be interesting to see how this would equate to number of servings in various situations. 1 cup of tomato juice vs. 1 tomato, for example. The nutrient content is likely much different, but these are both "1 cup".	Apr 1, 2013 9:30 AM
343	None	Apr 1, 2013 9:30 AM
344	n/a	Apr 1, 2013 9:27 AM
345	No	Apr 1, 2013 9:25 AM
346	More meal plans and also crew challenge ideas.	Apr 1, 2013 9:20 AM
347	I would recommend trying to start the challenge in April or May when the weather is nicer. It is definitely easier to start a new workout when the weather is more accomodating.	Apr 1, 2013 9:17 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
348	Include more low calorie meal recipes.	Apr 1, 2013 9:17 AM
349	Include more low calorie meal recipes.	Apr 1, 2013 9:15 AM
350	n/a	Apr 1, 2013 9:12 AM
351	no	Apr 1, 2013 9:10 AM
352	None	Apr 1, 2013 9:04 AM
353	I think instead of making the challenge longer, it should be more frequent than once a year. In other words, keep it the same length, just do it 2-4 times a year.	Apr 1, 2013 8:59 AM
354	additional content: examples of crew challlenges, more training information(examples of strength training exercises, cardio)	Apr 1, 2013 8:55 AM
355	Unsure what Crews News is??	Apr 1, 2013 8:53 AM
356	The newsletter should pose interactive discussion among the members.	Apr 1, 2013 8:34 AM
357	Water intake is a very important piece of an overall healthy life. I believe it should be added to the tracker to increase awareness of water intake and its impact on healthy living	Apr 1, 2013 8:20 AM
358	Crew news was awesome. I'd like to see more recipes and exercise (with their form), and maybe guides to improve or even start activities such as running and strength training.	Apr 1, 2013 8:15 AM
359	Crew news was awesome. I'd like to see more recipes and exercise (with their form), and maybe guides to improve or even start activities such as running and strength training.	Apr 1, 2013 8:14 AM
360	N/A	Apr 1, 2013 7:51 AM
361	Include water or fluids	Apr 1, 2013 7:50 AM
362	Have a parent website for all participants where they upload their information to as opposed to having crew leaders collect it. Alllow crew leaders special access to monitor their people, to ensure they have submitted data ontime.	Apr 1, 2013 7:47 AM
363	none at the moment.	Apr 1, 2013 7:46 AM
364	More exercise tips (not just one) to fit into more needs and wants. More healthy recipes too. Some fun facts would be nice too- like how your health can be significantly improved by losing just 10% of your bosy weight, etc.	Apr 1, 2013 7:34 AM
365	There are points for sick days for exercise but not fruit and veg. When sick, fresh fruit and veg. are not easy to eat. Maybe there should be sick day points for fruit and veggies too.	Apr 1, 2013 7:30 AM
366	I believe it had the right amount of information	Apr 1, 2013 7:26 AM
367	Please make it longer.	Apr 1, 2013 7:24 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
368	None	Apr 1, 2013 7:23 AM
369	I would suggest the water intake be included and the longer duration I think just 4 weeks is just not long enough, even though I plan continuing, it is nice to know that I am accountable to do these things because I am keeping track of whatI am doing and someone is going to see this, I am more encouraged to do it.	Apr 1, 2013 7:17 AM
370	n/a	Apr 1, 2013 7:09 AM
371	None	Apr 1, 2013 7:02 AM
372	Everything was fine.	Apr 1, 2013 6:54 AM
373	not really	Apr 1, 2013 6:38 AM
374	No	Apr 1, 2013 6:37 AM
375	NA	Apr 1, 2013 6:36 AM
376	None	Apr 1, 2013 6:31 AM
377	More exercises to do.	Apr 1, 2013 6:30 AM
378	No comment	Apr 1, 2013 6:24 AM
379	I enjoyed getting the newsletter every week.	Apr 1, 2013 6:08 AM
380	No recommendations as this time.	Apr 1, 2013 5:56 AM
381	Just a note: I didn't read the newsleter and there was no entry for that.	Apr 1, 2013 5:55 AM
382	No recommendations.	Apr 1, 2013 5:51 AM
383	Having PT time would have made it easier to do activities together as a team. A NAVAIR sponsored/organized event each week would be great - mini Ks, walking at lunchtime events, healthy snack promotions, etc. that would help motivate the teams to get together and get out and exercise!	Apr 1, 2013 5:37 AM
384	Provide age/weight recommendations for fruit and veggies instead of 2 cups and 3 cups.	Apr 1, 2013 4:54 AM
385	n/a	Apr 1, 2013 4:46 AM
386	No.	Apr 1, 2013 4:34 AM
387	I found three "cups" of vegies confusing in comparison to "servings"	Apr 1, 2013 4:18 AM
388	More information about body mass index recommendations and guidelines would be helpful.	Apr 1, 2013 3:34 AM
389	N/A	Apr 1, 2013 2:42 AM
390	Recoemmend to do this prior to PRTs	Apr 1, 2013 1:39 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
391	N/A	Mar 31, 2013 11:51 PM
392	No	Mar 31, 2013 11:47 PM
393	Weekly exercise challenges.	Mar 31, 2013 10:41 PM
394	none	Mar 31, 2013 9:29 PM
395	thank you	Mar 31, 2013 5:11 PM
396	none	Mar 31, 2013 3:36 PM
397	n/a	Mar 31, 2013 3:35 PM
398	No comment	Mar 31, 2013 9:02 AM
399	This is a good program , and i wouldn't mind it being a little longer .	Mar 31, 2013 4:15 AM
400	I have no recommentdations at this time	Mar 31, 2013 3:46 AM
401	No I would say all the bases were covered. Maybe actually work out plans. For example Monday run 30 min Tuesday lift weights and sprints..etc. and the same for food. Obviously on board a that is extremely limited to what is served but thats just ideas.	Mar 30, 2013 11:15 PM
402	Dietary information tailored towards people that work aboard ship would be great.	Mar 30, 2013 10:45 PM
403	None	Mar 30, 2013 10:33 PM
404	have extra points for 1 hour of exercise. Have the NOSC promote it more	Mar 30, 2013 3:46 PM
405	None	Mar 29, 2013 9:00 PM
406	No good job	Mar 29, 2013 4:34 PM
407	Cater at least equally to spouses, as from experience, most of the participants I've seen are either spouses or are heavily supported by their spouses. (i.e. they do the shopping an cooking)	Mar 29, 2013 4:27 PM
408	I, particularly, liked the exercise and recipe offerings. Keep those in!	Mar 29, 2013 3:17 PM
409	no	Mar 29, 2013 1:56 PM
410	not at this time. i think the program runs well.	Mar 29, 2013 9:59 AM
411	This is my third year, and I have always enjoyed it and gotten a lot out of it.	Mar 29, 2013 9:53 AM
412	no	Mar 29, 2013 7:06 AM
413	Great way to keep the awareness of healthy living out front	Mar 29, 2013 6:50 AM
414	no	Mar 29, 2013 6:17 AM

Q6. Do you have any recommendations for Crews News in future challenges, such as additional content, frequency of distribution, format of newsletter, etc?		
415	none	Mar 29, 2013 6:09 AM
416	Incentives!	Mar 29, 2013 5:54 AM
417	Information that is perhaps in bullet form or short snips of information is good, because of the amount of emails and demands of the job it is hard to keep up with lots of information presented at once	Mar 28, 2013 5:55 PM
418	You all done good. Thanks! I liked it just as it was. It would be nice if you had a website so each crew member could enter their data instead of the Crew Leader having to tally everything in an Excel Sheet.	Mar 28, 2013 5:49 PM
419	Link to newsletter instead of attachment.	Mar 28, 2013 12:16 PM
420	I think it was too short for some people to notice any sizeable gains.	Mar 28, 2013 7:41 AM
421	I think activities for the group like, every other Friday someone bring in a healthy lunch, breakfast or even a snack for all. Take turns of course!	Mar 28, 2013 3:54 AM
422	No, great job	Mar 27, 2013 10:36 PM
423	More reciepies.	Mar 27, 2013 5:17 PM
424	Maybe some recipes for people deployed (Easy to find foods, etc) would be nice for the newsletter	Mar 27, 2013 11:49 AM