

**MISSION TO MARS: April 6 - May 17
PROGRAM EVALUATION**

TOTAL PARTICIPANTS: 434 – 52 teams
ONLINE REPORTING: 31 teams landed
ONLINE SURVEYS COMPLETED: 109, 25%

SURVEY RESPONSES

Did you enjoy this team approach to health and wellness?
97% YES 3% NO

Even though this program only required you to exercise, eat right, and sleep, some participants lost weight. If you lost weight during this fitness challenge, how much weight did you lose? **189 lbs** reported lost by 55 participants.

Have you become more responsible for your overall health habits and lifestyle during the past month as a result of your participation in Mission To Mars?
84% YES 16% NO

Will you participate in the next program – Train Your Brain?
90% YES 10% NO



STATEMENT: 1- Poor, 2-Fair, 3-Good, 4-Very Good, 5-Excellent

Emails	3.93
Recipes	3.70
Website & Tracking	4.07
Exercise T-Shirts	4.18
Program Incentives & Prizes	4.16
Overall Program	4.27

PERSONAL BEHAVIOR BEFORE PROGRAM

Exercise – 30 Minutes Daily	3.38
Nutrition – Fruits and Vegetables	3.58
Sleep – 7-9 hours	3.83
Productivity work/home	3.84
Overall well-being	3.80

PERSONAL BEHAVIOR DURING AND AFTER PROGRAM

Exercise – 30 Minutes Daily	3.98	18% increase
Nutrition – Fruits and Vegetables	4.19	17% increase
Sleep – 7-9 hours	4.22	10% increase
Productivity work/home	4.14	8% increase
Overall well-being	4.15	9% increase

EMPLOYEE COMMENTS – MISSION TO MARS

It was a very good program, much like the weight watcher program I am on lots of fruits and veggies. I sometimes have insomnia so it was hard to do the 7-9 hours sleep.

This really made me more aware of when I go to bed and how much sleep I really need.

It encouraged me to eat more fruits and veggies but everything else was just as I have always done it (sleep is already good-have to) I just need help with the exercise!!!

Taking a team approach to wellness was great! Having others to rely on adds to the success!

Helps a person keep on track.

The teamwork is such a plus. There is a collaborative effort with these programs...that could be a mental benefit in addition to the nutrition, exercise, and sleep.

After having a baby, this really got me going on getting back into shape.

I enjoy the recipes & short quotes for the day....the quotes are inspiring/motivating & have given me inspiration to assist others. Thank you!

I loved the support of the team, together and the motivation of our team captain!

I enjoyed being a part of a team. Having others encourage me to work out and eat right was important for my success.

I think we have the Districts BEST Wellness Rep. in Melissa Jackson!!!! She is great at motivation, and communication!

My sleep habits haven't been the best, but thanks to the incentive of this program, it's going much better, and I'm finding myself handling stress at the end of school much better. Thanks to the Wellness Committee for all the planning and preparation done to make our lives better. Thanks again.

Can't wait tell next year!

Made me more aware of my habits.

Theresa was a great team leader and an inspiring "coach."

Keep the communications brief - as they are now. Because of the easy access to the site - it increases the chances that it will be used by many. I appreciate the efforts of ALL.