FIG Facilitator Evaluation

Start of Block: Imported Block 1 - Jul 24, 2023

1 **WELCOME!** Welcome, and thank you for your time and effort in delivering Flourishing in the Garden! To continue to Flourish in life, evaluation is important so we can accept feedback and adapt as needed. (Just like permaculture principle #4: self-regulate; accept feedback (be open to modify dysfunctional behaviors)). Your feedback and perspectives matter to us. There are no right or wrong answers.   For each component of FIG, we have 12 items about their acceptability, feasibility, and appropriateness. The items may seem redundant but we need them all for our reporting.

Q32 Name

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Q9 Please reflect on the yoga videos

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Neither agree nor disagree (3) | Agree (4) | Strongly agree (5) |
| The yoga flow videos meet my approval. (1) (1) |  |  |  |  |  |
| The yoga flow video is appealing to me. (2) (2) |  |  |  |  |  |
| I like the yoga flow videos. (3) (3) |  |  |  |  |  |
| I welcome the yoga flow videos. (4) (4) |  |  |  |  |  |
| The yoga flow videos seem fitting. (5) (5) |  |  |  |  |  |
| The yoga flow videos seem suitable. (6) (6) |  |  |  |  |  |
| The yoga flow videos seem applicable. (7) (7) |  |  |  |  |  |
| The yoga flow videos seem like a good match. (8) (8) |  |  |  |  |  |
| The yoga flow videos seem implementable. (9) (9) |  |  |  |  |  |
| The yoga flow videos seem possible. (10) (10) |  |  |  |  |  |
| The yoga flow videos seem doable. (11) (11) |  |  |  |  |  |
| The yoga flow videos seem easy to use. (12) (12) |  |  |  |  |  |

Q12 What worked about the yoga videos?

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Q13   
What needs to be changed about the yoga videos?

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Q10 Please reflect on the guided meditations

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Neither agree nor disagree (3) | Agree (4) | Strongly agree (5) |
| The guided meditations and scripts meet my approval. (1) (1) |  |  |  |  |  |
| The guided meditations and scripts are appealing to me. (2) (2) |  |  |  |  |  |
| I like guided meditations and scripts. (3) (3) |  |  |  |  |  |
| I welcome guided meditations and scripts. (4) (4) |  |  |  |  |  |
| The guided meditations and scripts seem fitting. (5) (5) |  |  |  |  |  |
| The guided meditations and scripts seem suitable. (6) (6) |  |  |  |  |  |
| The guided meditations and scripts seem applicable. (7) (7) |  |  |  |  |  |
| The guided meditations and scripts seem like a good match. (8) (8) |  |  |  |  |  |
| The guided meditations and scripts seems implementable. (9) (9) |  |  |  |  |  |
| The guided meditations and scripts seem possible. (10) (10) |  |  |  |  |  |
| The guided meditations and scripts seem doable. (11) (11) |  |  |  |  |  |
| The guided meditations and scripts seem easy to use. (12) (12) |  |  |  |  |  |

Q17   
What worked about the guided meditation?

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Q27   
What needs to be changed about the guided meditation?

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Q11 Please reflect on the permaculture principles.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Neither agree nor disagree (3) | Agree (4) | Strongly agree (5) |
| The permaculture principle videos and scripts meet my approval. (1) (1) |  |  |  |  |  |
| The permaculture principle videos and scripts are appealing to me. (2) (2) |  |  |  |  |  |
| I like the permaculture principle videos and scripts. (3) (3) |  |  |  |  |  |
| I welcome the permaculture principle videos and scripts. (4) (4) |  |  |  |  |  |
| The permaculture principle videos and scripts seem fitting. (5) (5) |  |  |  |  |  |
| The permaculture principle videos and scripts seem suitable.(6) (6) |  |  |  |  |  |
| The permaculture principle videos and scripts seem applicable. (7) (7) |  |  |  |  |  |
| The permaculture principle videos and scripts seem like a good match. (8) (8) |  |  |  |  |  |
| The permaculture principle videos and scripts seem implementable. (9) (9) |  |  |  |  |  |
| The permaculture principle videos and scripts seem possible.(10) (10) |  |  |  |  |  |
| The permaculture principle videos and scripts seem doable.(11) (11) |  |  |  |  |  |
| The permaculture principle videos and scripts seem easy to use. (12) (12) |  |  |  |  |  |

Q26   
What worked about the permaculture principles?

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Q25   
What needs to be changed about the permaculture principles?

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Q14 Please reflect on the manual.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Neither agree nor disagree (3) | Agree (4) | Strongly agree (5) |
| The manual meets my approval. (1) (1) |  |  |  |  |  |
| The manual is appealing to me. (2) (2) |  |  |  |  |  |
| I like the manual. (3) (3) |  |  |  |  |  |
| I welcome the manual. (4) (4) |  |  |  |  |  |
| The manual seems fitting. (5) (5) |  |  |  |  |  |
| The manual seems suitable.(6) (6) |  |  |  |  |  |
| The manual seems applicable. (7) (7) |  |  |  |  |  |
| The manual seems like a good match. (8) (8) |  |  |  |  |  |
| The manual seems implementable.(9) (9) |  |  |  |  |  |
| The manual seems possible. (10) (10) |  |  |  |  |  |
| The manual seems doable.(11) (11) |  |  |  |  |  |
| The manual seems easy to use. (12) (12) |  |  |  |  |  |

Q20   
What worked about the manual?

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Q24   
What needs to be changed about the manual?

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Q21 Any other feedback on the general program? Then complete an overall 12-questions for "FIG" as a response to the need for holistic wellbeing in the garden.

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Q23 Please reflect on the overall FIG program.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly disagree (1) | Disagree (2) | Neither agree nor disagree (3) | Agree (4) | Strongly agree (5) |
| The FIG program meets my approval. (1) (1) |  |  |  |  |  |
| The FIG program is appealing to me. (2) (2) |  |  |  |  |  |
| I like the FIG program. (3) (3) |  |  |  |  |  |
| I welcome the FIG program. (4) (4) |  |  |  |  |  |
| The FIG program seems fitting. (5) (5) |  |  |  |  |  |
| The FIG program seems suitable.(6) (6) |  |  |  |  |  |
| The FIG program seems applicable. (7) (7) |  |  |  |  |  |
| The FIG program seems like a good match. (8) (8) |  |  |  |  |  |
| The FIG program seems implementable.(9) (9) |  |  |  |  |  |
| The FIG program seems possible. (10) (10) |  |  |  |  |  |
| The FIG program seems doable.(11) (11) |  |  |  |  |  |
| The FIG program seems easy to use. (12) (12) |  |  |  |  |  |

Q28 One last section! What would it take to train people to deliver FIG across the state and nation? Please reflect on each prompt below.

Q29 How long should the training be?

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Q30 What components can be synchronous or asynchronous?

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Q31 What background or expertise would someone need to be successful at delivering this program?

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End of Block: Imported Block 1 - Jul 24, 2023

Start of Block: Yoga Self-Efficacy Scale

Q1 Do you currently practice yoga (in any style, form, duration, or personal definition of 'yoga')?

* Yes (1)
* No (2)

Skip To: End of Block If Do you currently practice yoga (in any style, form, duration, or personal definition of 'yoga')? = No

Q2 Please answer the following questions about your yoga practice.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Moderately Disagree (3) | Slightly Disagree (4) | Undecided (5) | Slightly Agree (6) | Moderately Agree (7) | Agree (8) | Strongly Agree (9) |
| I am able to remain as comfortable as possible while doing movements. (1) |  |  |  |  |  |  |  |  |  |
| I am able to keep my mind focused on movements of my body. (2) |  |  |  |  |  |  |  |  |  |
| I can coordinate the movements of my body with my breath. (3) |  |  |  |  |  |  |  |  |  |
| I am able to move my body smoothly. (4) |  |  |  |  |  |  |  |  |  |
| I am able to maintain a feeling of stability in my body. (5) |  |  |  |  |  |  |  |  |  |
| I am able to keep my breath smooth and continuous. (6) |  |  |  |  |  |  |  |  |  |
| I am able to remain comfortable while regulating my breath. (7) |  |  |  |  |  |  |  |  |  |
| I am able to focus my mind on my breath. (8) |  |  |  |  |  |  |  |  |  |
| I am able to make my breath longer and deeper without feeling anxious. (9) |  |  |  |  |  |  |  |  |  |

Q3 During my yoga practice

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree (1) | Disagree (2) | Moderately Disagree (3) | Slightly Disagree (4) | Undecided (5) | Slightly Agree (6) | Moderately Agree (7) | Agree (8) | Strongly Agree (9) |
| If distracted, I can re-focus my mind. (1) |  |  |  |  |  |  |  |  |  |
| If asked, I am able to visualize or have an impression of an object in my mind. (2) |  |  |  |  |  |  |  |  |  |
| I am able to remain focused on a meditative object or point. (3) |  |  |  |  |  |  |  |  |  |

End of Block: Yoga Self-Efficacy Scale

Start of Block: Flourishing

Q1 **Domain 1: Happiness and Life Satisfaction.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| Overall, how satisfied are you with life as a whole these days? 0 = Not Satisfied at All, 10 = Completely Satisfied   () |  |
| In general, how happy or unhappy do you usually feel? 0 = Extremely Unhappy, 10 = Extremely Happy   () |  |

Q2 **Domain 2: Mental and Physical Health**.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| In general, how would you rate your physical health? 0 = Poor, 10 = Excellent   () |  |
| How would you rate your overall mental health? 0 = Poor, 10 = Excellent   () |  |

Q3 **Domain 3: Meaning and Purpose.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| Overall, to what extent do you feel the things you do in your life are worthwhile? 0 = Not at All Worthwhile, 10 = Completely Worthwhile   () |  |
| I understand my purpose in life. 0 = Strongly Disagree, 10 = Strongly Agree   () |  |

Q4 **Domain 4: Character and Virtue.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| I always act to promote good in all circumstances, even in difficult and challenging situations. 0 = Not True of Me, 10 = Completely True of Me   () |  |
| I am always able to give up some happiness now for greater happiness later. 0 = Not True of Me, 10 = Completely True of Me   () |  |

Q5 **Domain 5: Close Social Relationships.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| I am content with my friendships and relationships. 0 = Strongly Disagree, 10 = Strongly Agree   () |  |
| My relationships are as satisfying as I would want them to be. 0 = Strongly Disagree, 10 = Strongly Agree   () |  |

Q6 **Domain 6: Financial and Material Stability.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |
| --- | --- |
| How often do you worry about being able to meet normal monthly living expenses? 0 = Worry All of the Time, 10 = Do Not Ever Worry   () |  |
| How often do you worry about safety, food, or housing? 0 = Worry All of the Time, 10 = Do Not Ever Worry   () |  |

|  |  |
| --- | --- |
| Page Break |  |

End of Block: Flourishing