

FEEDBACK FORM

How did you learn about RESTART®?

What habit(s) do you think you will continue after RESTART®?

What did you like most about RESTART®? What did you like the least?

What value did you receive from the class topics; Digestion, Blood Sugar Regulation, and Fats?

What suggestions/advice would you give to someone just starting RESTART®?

What can you suggest to make this program even better?

What was the hardest thing for you? What was easier than you thought it would be?

Would you leave a testimonial of your experience that may be used for future promotional materials (with permission only)?

Anything else you would like to add?