Leanin6 Feedback Form

We love to learn here at YZ45! Could you please help us by circling the most appropriate answer to the questions below?

1. Did you achieve your goal?

 Yes No Got some of the way there

1. Did you feel supported through the programme?

 Yes , really helpful Not so much Could have done with a bit more

1. Can you tell us how much weight you lost?

 Yes it was….. No

1. Did you feel the app was helpful?

 Yes I used it a lot No, I did not go back to it after first week A bit

1. Did you like the information from the nutritionist?

 Yes, it changed my attitude to food No, I knew most of it It did help but wanted more

1. Did you use the support service from the nutritionist via Messenger?

 Yes, really good No, did not want to/no time A little bit at the start

1. Did the heart rate technology help with your activity levels?

 Yes I loved it! No, not my thing Used it when in workouts but no more

Any comments would be great:

Finally, we would love to help tiehr people and if you could do a video snippet of no more than 30 seconds talking about your experience that would be great!

Yes, would love to help No, not for me