

	Name														
1. included an introduction	☐					☐					☐				
2. talked about his/her personal health and exercise habits	☐					☐					☐				
3. talked about his/her plans for staying healthy in the future	☐					☐					☐				
4. included a conclusion and thanked the audience	☐					☐					☐				
OVERALL RATING Note: 1 = lowest; 5 = highest	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Notes:															