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Please take a moment to send your feedback during this module. Include your energy, measurements, confidence about health habits as well as well as course materials and the format.

Please send us your answers to the following:

Where were you when you started? What was your reason for registering?

And Now? How has the After 50 Fitness Formula course helped you?

How have your habits or thoughts changed?

What was your most valuable “ah-ha” moment during the course?

How was the pace of the course and amount of content for you?

What -if anything- would you have liked to have learned more about?

How likely are you to continue (0-10) with the foundations you have set here?

Anything you want to add?