Aspects of the program that you liked:

• Liked all food suggestions, especially types of food
• Liked exercise suggestions
• Liked setting goals and seeing if I could reach these
• Happy with booklet and phone calls
• Interesting food suggestions
• Good to know what you are working towards
• Liked exercise information
• Makes me think more about foods I eat
• Liked it all – information, recipes, lots of it applies to me
• Liked nutrition and physical activity information
• Liked it all
• Nutrition drew more emphasis to my diet
• Fine, happy with booklet
• Commonsense re: diet and physical activity
• Liked the way it was spelt out – what foods and specifications of serves
• Book is a good ‘support system’ as I can refer to it whenever I like
• All of it, good to set you on the right path

How could the program be improved?

• Would have liked further feedback re: how I have gone with the program
• More external motivation – follow up feedback and suggestions
• Working face to face with person providing external motivation
• Would have liked more external motivation – face to face – more commitment to not let other person down
• Liked the booklet and thought ½ phone calls were enough, otherwise I would have felt like I was being harassed
• Some might want more feedback or phone calls in particular to lose weight or increase exercise