



## TRAINING EVALUATION FORM

**Training Date:** 2026-03-04 08:00:00  
**Training Title:** Nutrition & Wellness Workshop  
**Facilitator:** NDA - Pampanga

Please complete the evaluation form for today's training session. Kindly tick off your level of agreement with the listed statement below.

	Strongly Agree	Agree	Disagree	Strongly Disagree
<b>Please Rate the Following:</b>				
<b>FACILITATOR</b>				
was well prepared	✓			
encouraged active participation from the group	✓			
knowledge of the subject matter	✓			
ability to explain and illustrate concepts	✓			
<b>PRESENTATION</b>				
objectives of the training were clearly defined	✓			
content was organized and easy to follow	✓			
topics covered are relevant	✓			
training will be useful in my work	✓			
<b>TRAINING</b>				
objectives of the training was met	✓			
time allotted for the training was sufficient	✓			
venue provided a comfortable setting for learning	✓			

**What did you like about the training?**

- Proper way of preparing healthy and right food combination for a good and healthy living.

**How well this training sessions help you achieve your career goals in the future?**

- It will help me to take good care of my health.

**What are the changes you can practice as a result of this training?**

- Preparing foods that are healthy

**What exercises were most effective in helping you understand the subject of this training program? Why?**

- Meal planning

**What aspect of the training could be improved?**

- None