May Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

Has your thinking changed about getting outdoors to exercise whether for a walk, run or fitness class during this month?

__________________________________________________________________________________________

Did you participate in the MUSC Adventure Out program?

☐ Yes

☐ No

How did you learn about this month’s challenge?

☐ Broadcast message

☐ Flyer

☐ Facebook

☐ email newsletter

☐ Friend or co-worker

☐ Other