



**Power of Plant-Based Eating**

**Participant PRE-Survey**

Please answer the questions below **before** you complete the *Power of Plant-Based Eating* experience.

1. What is your name? \_\_\_\_\_

2. What is today's date? \_\_/\_\_/\_\_\_\_  
MM DD YYYY

3. Please circle the number that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The health benefits of eating nutritious, plant-based meals	1	2	3	4	5	6
Plant-based foods that are high in protein	1	2	3	4	5	6

4. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident		Somewhat confident		Very Confident	Not applicable
Substitute meat with plant-based foods high in protein	1	2	3	4	5	6
Cook at least two dinners without meat each week	1	2	3	4	5	6



## Power of Plant-Based Eating

### Participant POST-Survey

Please answer the questions below **after** you complete the *Power of Plant-Based Eating* experience.

1. What is your name? \_\_\_\_\_

2. After participating in the *Power of Plant-Based Eating* experience, please circle the number below that best represents your **current knowledge** of the topic below:

	Low		Medium		High	Not applicable
The health benefits of eating nutritious, plant-based meals	1	2	3	4	5	6
Plant-based foods that are high in protein	1	2	3	4	5	6

3. Please circle the number that best represents your **current confidence** that you can do the following:

	Not at all confident	Somewhat confident		Very Confident	Not applicable	
Substitute meat with plant-based foods high in protein	1	2	3	4	5	6
Cook at least two dinners without meat each week	1	2	3	4	5	6

4. Please rate the **quality of your overall experience** with the *Power of Plant-Based Eating*. Circle your choice below.

Poor	Below Average	Average	Above Average	Excellent	Undecided
1	2	3	4	5	6

5. How likely are you to **recommend** the *Power of Plant-Based Eating* experience to a friend, family member, or co-worker? Circle your choice below.

Extremely unlikely	Unlikely	Neutral	Likely	Extremely likely	Undecided
1	2	3	4	5	6