

## Post-Activity Follow-Up Questions

### Commitment to Change

**Program Title:**

**Intended change:**

**As a result of attending the activity, indicate the degree to which you have implemented the above change into your practice:**

- Completely**
- Somewhat**
- Not at all**

**If completely, provide 1-3 examples of how you have implemented the change into your practice:**

**If somewhat, indicate 1-3 challenges / barriers you encountered that prevented you from fully implementing the change into your practice:**

**If not at all, indicate 1-3 challenges / barriers you encountered that prevented you from implementing the change into your practice:**