

Evaluation

Live Well

Read each of the six statements below. Look at the first four columns labeled “Now.” Checkmark the phrase that shows how often you do each item now that you have participated in this Bank It session. Next, look at the last four columns labeled “Before.” Checkmark the phrase that shows how often you did each item before you came to this Bank It session. Add today’s date at the bottom.

		Check the box of the phrase that shows how often you do each item numbered from 1 to 6.							
		NOW				BEFORE			
		None or a little bit of the time	Some of the time	A good bit of the time	Most of the time	None or a little bit of the time	Some of the time	A good bit of the time	Most of the time
1.	I can state why Developmental Assets are powerful.								
2.	I can describe what risky behaviors are.								
3.	I can identify good behaviors.								
4.	I can name actions I want to avoid.								
5.	I can identify actions I want to do.								
6.	I can describe why Developmental Assets are good for me.								

Today’s date: _____

Your grade in school (10th, 11th, 12th, etc.): _____



bankit.com