

Feedback – Week 1

How did you experience the instruction set?



The instructions were easy to understand

Strongly agree ☒ ☐ ☐ ☐ ☐ Strongly disagree

The instructions were easy to follow

Strongly agree ☐ ☐ ☐ ☐ ☐ Strongly disagree

The most challenging part for me was...

How did you experience the week of self-observation?

I liked...

I wish...