

Liked Most (Evaluation)	Liked Least (Evaluation)
Accountability	Too long
Accountability	Repetitive
Being able to see my progress and what I could work on being better at.	
Collaboration	meal ideas
Competition	
Daily reminder emails. Articles.	Repetative
Feeling proud that I could log stuff. Recognizing the healthy things I do on a regular basis.	It didn't motivate me to do anything differently. There was no incentive to not eat junk food.
Fun to have a team	Nothing
Fun way to keep myself on track (or try anyway).	
Fun, nice recipes, checking in with coworkers.	Didn't use the burn section, too much time taken.
Great way to meet others	Nothing
I enjoy meeting with my co-workers and working together to establish good habits	
I enjoyed the camaraderie with my team	The time it took to record.
I liked all of the recipes they sent me!	There were lots of boxes to check off.
I liked the quizzes and tips.	nothing really.
I liked the tip of the day.	I didn't feel the team part.
It bought my group closer together.	
It gave me a goal each day and it made me conscious about what I was eating, what type of exercise and activity I could do that day, encouraged me to break out and connect with more people, as well as consiously be grateful so many things in my life.	I wish there was an option to document continuous exercise for longer than 30 minutes.
It covered all aspects of a healthy life	
It kept me motivated.	That my ranking slipped because I had a few days I couldn't work out.
It made me aware of what I am doing right and where I need to work for feeling better	Logging in :0)
It was fun and informative	It took a while to get used to everything, but once I did, I really like it.
It was fun to do as a group. It was great to do at our own pace	nothing
Keeping track	Couldn't log more than 30 minutes of exercise.
Knowing I had to record my daily choices, I always made choices to support what I needed to record.	n/a
Logging in and "seeing" my progress each day. I also like the tips and daily quiz.	The app didn't always work.
Not really anything. It was one more thing to have to track after a long day. Please donâ€™t do this again next year!	All the daily tracking! Do you realize how many thousands of things teachers already have to track? We are overloaded and always - more is ex[pected. It is stressful and exhausting. Sorry, but that is how I really feel, Thanks for asking.
Once set up it was easy to record information to the system	
Ongoing reminders	Not entirely sure how to use it successfully.
Paying attention to how my daily actions affect my wellness, and trying to change them to improve my health	I wasn't sure how to do the teams
Playing the TIPS game, the recipes and seeing how I did from tracking.	I didn't like it when I couldn't track something that I should have done
Quiz and recipes	Too much to log
Seeing my daily value and total amount go up. It was very motivating!	Seeing how I did not do enough.... That isn't really about FLAM though!
TIP\$	The deductions options - it should be set amounts for things that go against your well being
Team building with co-workers	I volunteer more than once a week and would like to be able to record for each day I volunteer.
That it was whole wellness.	Nothing - this was fun!
That the focus was on not just on one health aspect, but that it focused on the things that build up and matter to a whole. It made me think about other healthy things to do for my body.	no flexibility in adjusting my duration in activities and sometimes there was overlap in stress reductions.
The competitive aspect.	The app stopped working which made it hard to log everything.
The ease of doing it.	nothing
The incentive provided by checking the boxes every day!	The competition with others
The log it was fun!	Not being able to mark that I had done something
The personal mission statement, it helped me focus and be intentional with decisions about how to spend my time.	It would have been easier for me to log my daily activities with an app.
The positive feedback of seeing my results	Nothing

Liked Most (Evaluation)	Liked Least (Evaluation)	
The puzzle	hmmmm... it was all just fine.	
The tips game, the reminders of the value of sleep, eating well, etc. in a fun game. I also like the recipes.	There wasn't anything about it I disliked/	
Tips	Time consuming and stressful to keep track of points	
Tips and solving the puzzles.		
The ease in recording my daily activities.	Would like to see more open-ended options to record healthy habits.	
Tracking was easy	I found it to be fairly boring.	
Variety of areas health areas identified	Nothing, I thought it was easier than any other program participated in.	
accountability	not being able to get the volunteer button to record time spent volunteering	
easy to log activities	remembering to record everything everyday	
helped me learn a better balance in my life. take a moment to step back and plan get get organized and talk to my family when i get home for better connections. Helped reduce a lot of my stress	it was quite long - hard to remember to log every day, especially over the weekends.	
it was a fun competition and easy to log on the app	nothing	
it was easy to fill in what I accomplished for each day	That it made me think about what I did not accomplished for the day	
learning tips and puzzle	tracking	
personal mission statement helped me prioritize my time which made room for the people and activities I love most	it ended; I didn't get a t-shirt for earning a million LOL I am very prize oriented and I like winning	
First Name/Last Name	Success Story At Evaluation	Agree to Share At Evaluation
Anonymous	I started meditation for the first time because of this program.	N
	Being a team leader, I was highly motivated to keep going as I didn't want to let down my teammates. I enjoyed seeing my daily progress as I worked on self-care. The tips and the daily quiz were really fun!	Y