

Liked Most ( Evaluation)
Accountability
Accountability
Being able to see my progress and what I could work on being better at.
Collaboration
Competition
Daily reminder emails. Articles.
Feeling proud that I could log stuff. Recognizing the healthy things I do on a regular basis.
Fun to have a team
Fun way to keep myself on track (or try anyway).
Fun, nice recipes, checking in with coworkers.
Great way to meet others
I enjoy meeting with my co-workers and working together to establish good habits
I enjoyed the camaraderie with my team
I liked all of the recipes they sent me!
I liked the quizzes and tips.
I liked the tip of the day.
It brought 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 consciously be grateful so many things in my life.
It covered all aspects of a healthy life
It kept me motivated.
It made me aware of what I am doing right and where I need to work for feeling better
It was fun and informative
It was fun to do as a group. It was great to do at our own pace
Keeping track
Knowing I had to record my daily choices, I always made choices to support what I needed to record.
Logging in and "seeing" my progress each day. I also like the tips and daily quiz.
Not really anything. It was one more thing to have to track after a long day. Please don't do this again next year!
Once set up it was easy to record information to the system
Ongoing reminders
Paying attention to how my daily actions affect my wellness, and trying to change them to improve my health
Playing the TIPS game, the recipes and seeing how I did from tracking.
Quiz and recipes

Seeing my daily value and total amount go up. It was very motivating!
TIP\$
Team building with co-workers
That it was whole wellness.
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.
The competitive aspect.
The ease of doing it.
The incentive provided by checking the boxes every day!
The log it was fun!
The personal mission statement, it helped me focus and be intentional with decisions about how to spend my time.
The positive feedback of seeing my results
The puzzle
The tips game, the reminders of the value of sleep, eating well, etc. in a fun game. I also like the recipes.
Tips
Tips and solving the puzzles.
The ease in recording my daily activities.
Tracking was easy
Variety of areas health areas identified
accountability
easy to log activities
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 a fun competition and easy to log on the app
it was easy to fill in what I accomplished for each day
learning tips and puzzle
personal mission statement helped me prioritize my time which made room for the people and activities I love most
<b>First Name</b>
Anonymous



<b>Liked Least ( Evaluation)</b>
Too long
Repetitive
meal ideas
Repetative
It didn't motivate me to do anything differently. There was no incentive to not eat junk food.
Nothing
Didn't use the burn section, too much time taken.
Nothing
The time it took to record.
There were lots of boxes to check off.
nothing really.
I didn't feel the team part.
I wish there was an option to document continuous exercise for longer than 30 minutes.
That my ranking slipped because I had a few days I couldn't work out.
Logging in :0)
It took a while to get used to everything, but once I did, I really like it.
nothing
Couldn't log more than 30 minutes of exercise.
n/a
The app didn't always work.
All the daily tracking! Do you realize how many thousands of things teachers already have to track? We are overloaded and always - more is expected. It is stressful and exhausting. Sorry, but that is how I really feel, Thanks for asking.
Not entirely sure how to use it successfully.
I wasn't sure how to do the teams
I didn't like it when I couldn't track something that I should have done
Too much to log

Seeing how I did not do enough.... That isn't really about FLAM though!
The deductions options - it should be set amounts for things that go against your well being
I volunteer more than once a week and would like to be able to record for each day I volunteer.
Nothing - this was fun!
no flexibility in adjusting my duration in activities and sometimes there was overlap in stress reductions.
The app stopped working which made it hard to log everything.
nothing
The competition with others
Not being able to mark that I had done something
It would have been easier for me to log my daily activities with an app.
Nothing
hmmmm... it was all just fine.
There wasn't anything about it I disliked/
Time consuming and stressful to keep track of points
Would like to see more open-ended options to record healthy habits.
I found it to be fairly boring.
Nothing, I thought it was easier than any other program participated in.
not being able to get the volunteer button to record time spent volunteering
remembering to record everything everyday
it was quite long - hard to remember to log every day, especially over the weekends.
nothing
That it made me think about what I did not accomplished for the day
tracking
it ended; I didn't get a t-shirt for earning a million LOL I am very prize oriented and I like winning
<b>Last Name</b>





<b>Success Story At Evaluation</b>	<b>Agree to Share At Evaluation</b>
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