

S.T.E.P. Program

PATIENT Post-Questionnaire

1. Before starting the S.T.E.P. how many steps a day were you doing _____

2. While in the Study, what happened to your daily blood sugar levels?
____ Improved ____ Remained the Same ____ Worsened

3. If your daily blood sugar levels improved when did you start seeing results?
____ 0-2 weeks ____ 2-4 weeks ____ 4-6 weeks ____ 6-8 weeks ____ 9+ weeks

4. Did you find the Program useful in helping you take control of your diabetes?
____ Yes ____ No

5. Have you monitored more often due to being in the S.T.E.P. Program?
____ Yes ____ No

6. Will you continue to use your pedometer?
____ Yes ____ No

7. Do you feel any different than before starting the S.T.E.P. Program?
Explain:
