

**United Tribes Technical College Extension Program**

**The Lean Machine: The Four Directions to Eating Lean and Being Lean  
Evaluation**

**From the information provided today:**

1. List three ways to reduce daily fat intake.    1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
  
2. Describe why the traditional diet was low in fat.
  
3. List three ways to increase daily physical activity.  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
  
4. Describe how Native Americans were traditionally physically active.
  
5. Thinking about the four directions of the Medicine Wheel, list one way it promotes a healthy lifestyle?

**Please give your opinions on the following statements. Circle your response using a scale of 1-5.**

	<b>Disagree      Agree</b>				
The material was clear and well organized.	1	2	3	4	5
The presentation was easy to follow and understand.	1	2	3	4	5
The information was personally useful to me.	1	2	3	4	5
The material and knowledge gained will be helpful to my community.	1	2	3	4	5
The handouts for this presentation were easy to understand.	1	2	3	4	5

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List one way you will use the information in your personal life and/or work.

Do you have any suggestions how this material could be improved?

Other comments.