



1. Walk name and area:
.....
2. Walk leaflet used:
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3. What worked well during this walk?
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.....
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4. What aspects of the leaflet or activities were useful?
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.....
.....
5. What benefits did walkers feel they got from the walk?
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.....
.....
6. What would make this walk or leaflet better?
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.....
7. Please share any specific feedback from the group on how they felt before and after the walk.
.....
.....
.....
8. Have you got a 'top tip' for wellbeing, or a highlight from the walk or discussion we could share with others?
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.....
.....



w: happycity.org.uk
e: info@happycity.org.uk

@HappyCityUK

PLEASE CONTINUE OVERLEAF WITH MORE ON ANY OF THE QUESTIONS OR ANYTHING ELSE YOU WOULD LIKE TO ADD – THANK YOU FOR HELPING US DO BETTER!



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