



GIANT BRAIN

Instructional Design and Development

Behavior Assessment Yogathon User 2023

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Behavior Assessment Questions

1. How long ago did you begin the Yogathon courses?
 - A. 0 - 3 months ago
 - B. 3 - 6 months ago
 - C. 6 - 9 months ago
 - D. 9 - 12 months ago
2. When you first began using the Yogathon App, how often were you taking Yogathon courses?
 - A. 0 - 2 days per week
 - B. 3 - 4 days per week
 - C. 5 - 6 days per week
 - D. Every day of the week
3. How often, per week, were you taking Yogathon courses 1 month after beginning the course?
 - A. 0 - 2 days per week
 - B. 3 - 4 days per week
 - C. 5 - 6 days per week
 - D. Every day of the week
4. How often, per week, are you currently taking Yogathon courses?
 - A. 0 - 2 days per week
 - B. 3 - 4 days per week
 - C. 5 - 6 days per week
 - D. Every day of the week



5. When you first began taking Yogathon courses, how comfortable were you with the instruction delivered in the Beginner level courses?
 - A. Not comfortable at all
 - B. Slightly comfortable
 - C. Fairly comfortable
 - D. Fully comfortable

6. Now, after taking the Yogathon courses for some time, how comfortable are you with the instruction delivered in the Beginner level courses?
 - A. Not comfortable at all
 - B. Slightly comfortable
 - C. Fairly comfortable
 - D. Fully comfortable

7. When you first began taking Yogathon courses, how comfortable were you with the instruction delivered in the Intermediate level courses?
 - A. Not comfortable at all
 - B. Slightly comfortable
 - C. Fairly comfortable
 - D. Fully comfortable

8. Now, after taking the Yogathon courses for some time, how comfortable are you with the instruction delivered in the Intermediate level courses?
 - A. Not comfortable at all
 - B. Slightly comfortable
 - C. Fairly comfortable
 - D. Fully comfortable

9. When you first began taking Yogathon courses, how comfortable were you with the instruction delivered in the Advanced level courses?
 - A. Not comfortable at all
 - B. Slightly comfortable
 - C. Fairly comfortable
 - D. Fully comfortable



10. Now, after taking the Yogathon courses for some time, how comfortable are you with the instruction delivered in the Advanced level courses?
- A. Not comfortable at all
 - B. Slightly comfortable
 - C. Fairly comfortable
 - D. Fully comfortable
11. How would you describe, if any, the improvement in your overall health since beginning the Yogathon courses?
- A. No improvement
 - B. Slightly improvement
 - C. Medium improvement
 - D. Substantial improvement
12. How would you describe, if any, the improvement in your overall yoga skills since beginning the Yogathon courses?
- A. No improvement
 - B. Slightly improvement
 - C. Medium improvement
 - D. Substantial improvement