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|  | Sample follow up survey for those who took part in SUGAR SMART September (Here you can add text thanking people for their participation, mention any prize draw and mention how the survey will be used.)  **Question 1**  Thank you for taking the time to let us know how you got on with SUGAR SMART September! For your chance to win [prize draw], please leave your name and contact details below:   * Full name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **Question 2**  Did you take part as an individual or as a family?   * Individual * Family   **Question 3**  What challenge(s) did you take on?   * No Spoons Option: Completely cut out added sugar from your diet for the whole of September * Healthy Balance Option: Completely avoid added sugar during weekdays, with moderate treats only during weekends * Super Seven Option: Eat less than the maximum recommended 7 teaspoons of added sugar per day * Easing In Option: Cut out added sugar during working/school hours * Your own sugar reduction challenge. Please add detail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **Question 4**  Did you notice any benefits from taking part in the challenge (for example, feeling better, more energy, losing weight, saving money, etc)? Please provide detail.  **Question 5**  Have you formed new habits or tried something different as a result? Please provide detail.  **Question 6**  Did your food environment (food outlets, supermarkets, workplace, etc) help or hinder in your efforts? Please give detail.  **Question 7**  Did you experience any challenges or difficulties as part of SUGAR SMART September? Please share your thoughts.  **Question 8**  Are you happy for us to use your name and comments in SUGAR SMART communications or associated media?   * Yes * Yes, but only comments, no name * No   **Question 9**  (if applicable) The SUGAR SMART [area] campaign is looking to encourage organisations to take SUGAR SMART pledges to create a healthier food environments and make the healthy choice the easy choice for people in [area].  Pledges include reducing the prevalence and promotions of sugary foods, increasing the availability of healthy options and educating the public on healthier eating.  We are looking for community or workplace SUGAR SMART Ambassadors to help us with this quest and will be providing free training to volunteers.  Would you be interested in becoming a SUGAR SMART Ambassador? Please share your contact details.   * Full name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Phone number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ * Your organisation, group or workplace, if applicable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   **Question 10**  Do you have any other comments about the SUGAR SMART September challenge or the SUGAR SMART [area] Campaign generally? |  |