

# Kensington Primary Feedback Report

parentgym  
FOR PARENTS WHO CARE

the  
mindgym

# The statistics



5 sessions ran between May and June in 2019

20 participants gave feedback

100% felt actively involved in the workouts

95% felt the content was relevant to them

100% will use what they have learnt

90% would recommend the workout to others

100% would rate this workout as very good or excellent

# Feedback by course

Course	Q1%	Q2%	Q3%	Q4%	Q5%	Runs	People
Parent Gym, 6 week programme: 1. Chat	100	80	100	100	100	1	5
Parent Gym, 6 week programme: 2. Love	100	100	100	100	100	1	4
Parent Gym, 6 week programme: 3. Behave	100	100	100	75	100	1	4
Parent Gym, 6 week programme: 4. Care	100	100	100	67	100	1	3
Parent Gym, 6 week programme: 6. Together	100	100	100	100	100	1	4

Q1 - I felt actively involved in the workout, Q2 - I felt the content was relevant to me, Q3 - I will use what I have learnt, Q4 - I would recommend the workout to others, Q5 - I would rate the workout as very good or excellent

# What the participants thought



6 week programme: 6. Together

Comments

"Brilliant programme"

"brilliant"

"I will miss this"



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mindgym