

# Kensington Primary Feedback Report

parentgym  
FOR PARENTS WHO CARE

the  
mindgym

# The statistics



6 sessions ran between October and November in 2018

68 participants gave feedback

100% felt actively involved in the workouts

96% felt the content was relevant to them

100% will use what they have learnt

100% would recommend the workout to others

91% 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	83	100	100	92	1	12
Parent Gym, 6 week programme: 2. Love	100	92	100	100	92	1	12
Parent Gym, 6 week programme: 3. Behave	100	100	100	100	83	1	12
Parent Gym, 6 week programme: 4. Care	100	100	100	100	92	1	12
Parent Gym, 6 week programme: 5. Discover	100	100	100	100	91	1	11
Parent Gym, 6 week programme: 6. Together	100	100	100	100	100	1	9

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: 1. Chat

### Comments

"Distracted by other children"

"Would love for my husband to participate too"

"It is very useful for me. "

## 6 week programme: 2. Love

### Comments

"Excellent"

"Learnt many important things"

## 6 week programme: 3. Behave

### Comments

"Very helpful."

# What the participants thought



## Comments

"Very informative and interactive session."

"Excellent !!!"

## 6 week programme: 4. Care

### Comments

"Brilliant !!!"

"Felt energetic and relaxed."

"More informative."

"It makes us feel calm, relaxed and stress-free."

"Fun chats."

## 6 week programme: 5. Discover

### Comments

"If you extend the session that is good."

# What the participants thought



## Comments

"Very helpful."

"Brilliant !!!"

"Very interactive and informative."

## 6 week programme: 6. Together

### Comments

"I will miss this class! :-("

"Brilliant class, keep it up !!"

"Love this course! Please can I come again?"

"We need Parent Gym '2'."



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