



## **Satisfaction and Dissatisfaction**

### **[A+ Practicals Portfolio Assessment]**

**Did your IQ driven you to a better eating adjustments?**



<b>Name</b>			
<b>Country</b>			
<b>Age</b>			
<b>Gender</b>			
<b>What was your weight before executing A+ Practicals?</b>		<b>What was your weight after executing A+ Practicals?</b>	
<b>In terms of portion management: Are there any changes made?</b>		<b>Did you understand the practicality of the 26 food combination cycle</b>	
<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>
<b>Were you able to capture the ORS Brain Technique?</b>		<b>Did you understand the practicality of the minimax pixel %?</b>	
<b>Yes</b>	<b>No</b>	<b>Yes</b>	<b>No</b>

<b>How many times or days did you tried the 3-day mindset challenge?</b>			<b>Have you followed the challenge example on video 3?</b>	
<b>Once</b>	<b>Twice</b>	<b>Many</b>	<b>Yes</b>	<b>No</b>
<b>Was there any time when you lose up to 1.5kg during the mindset challenge?</b>			<b>Was there no time you ever lost 1.5 Kg during the mindset challenge?</b>	
<b>Yes</b>		<b>No</b>	<b>Yes</b>	<b>No</b>
<b>If yes! Provide a short description of your winning strategy</b>			<b>If yes! Provide a short description of your challenges</b>	

**Rate our exhibition website design from 1-5**

**1**

**2**

**3**

**4**

**5**

**Rate kabelo's information science in comparison with competitors 1-5**

**1**

**2**

**3**

**4**

**5**

**Rate kabelo's wellness teaching methods 1-5**

**1**

**2**

**3**

**4**

**5**

**Rate your general performance while executing the A+ Practicals 1-5**

**1**

**2**

**3**

**4**

**5**

**Would you recommend the next person to try the A+ Practicals?**

**YES**

**NO**