



“Radiant you - dancing for two!”

~Stephanie Larson, Founder

Class Survey

We appreciate your feedback!

Please print clearly.

Name: _____ # of prior births _____

Address: _____ DFB Instructor: _____

City: _____ Sate/Province _____ Zip/Postal Code _____ Country _____

Phone: _____ Age _____ Email: _____

Estimated due date: _____ Today’s date _____ How did you hear about DFB? _____

1) **How many weeks have you attended DFB classes?**

- 1-3 4-6 7-10 11-14 15-18 19-22 23 or more

2) **Please describe how you feel about the class** _____

3) **Please describe the two most valuable things you learned:** _____

4) **Do you feel more confident about your upcoming birth and/or early parenting experience?** yes no

Please elaborate _____

5) **“As a result of attending DFB classes I feel...”** check all that apply

- more physically fit more coordinated more graceful more womanly more beautiful more calm
- more energized more empowered more enlightened less tired less achy less worried
- more connected to my baby other:

6) **Did your birth plans or parenting plans change as a result of ideas you gained in class?** yes no

Please elaborate _____

7) **What movements, comfort measures, positions or ideas from DFB might you use for birth or postpartum?**

8) **In order to help your instructor grow as a teacher, please rate her on the following (1 low to 5 high)**

- birth knowledge dance ability teaching ability professionalism listening skills warmth

Please elaborate _____

9) **Would you refer this class to others? If so what would you say to them?** _____

10) **Did class exceed your expectations?** _____ **What surprised you about this class?** _____

11) **The facility was:** check all that apply clean ample size conveniently located nice staff

15) **“I attend DFB class...”** rank in order of importance to you to gain knowledge for the love of dance

- for my health to bond with my baby for fitness for camaraderie with other women

12) **Are you interested in becoming a DFB instructor at some point in the future?**

Please give us your further comments or suggestions on the back of this page, thank you!