

# Team Activity Sheet

*“Coming together is the beginning, staying together  
is progress, and working together is success.”*

— Henry Ford

**CHOOSE TO MOVE<sup>SM</sup>**

Name of Organization / Group: \_\_\_\_\_

Date of Activity: \_\_\_\_\_

What activity did your team participate in? \_\_\_\_\_

How many participated in this activity? \_\_\_\_\_

## **Evaluation of Activity**

What were the major components of the activity? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What were the strengths of the activity? \_\_\_\_\_

\_\_\_\_\_

Any weaknesses? How could you improve this activity? \_\_\_\_\_

\_\_\_\_\_

Would you repeat this activity? Yes \_\_\_\_\_ No \_\_\_\_\_



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