

## Training evaluation

### **New Starter training**

1. **Physical Activity:**
  - a. <https://forms.gle/4u5RZhidi4hQ7jXz8>
  - b. <https://forms.gle/XJoXQ8cmMSK5DqKg7>
  
2. **Nutrition:**
  - a. <https://forms.gle/pNwayfurd11vsekSA>
  - b. <https://forms.gle/j8tSGzNe3dgAbYTx6>
  
3. **Starting solids:**
  - a. <https://forms.gle/whWShBL6exiquaPi7>
  - b. <https://forms.gle/jYqnmT8qrtyn5WmYA>
  
4. **Evaluation form:** <https://forms.gle/uNYTuV2tU7Xdxgvq6>

### **Refresher training**

1. **Physical Activity:** <https://forms.gle/XJoXQ8cmMSK5DqKg7>
  
2. **Nutrition** <https://forms.gle/j8tSGzNe3dgAbYTx6>
  
3. **Starting solids:** <https://forms.gle/jYqnmT8qrtyn5WmYA>
  
4. **Evaluation form:** <https://forms.gle/aDTVvXsHeeoo3Txw7>