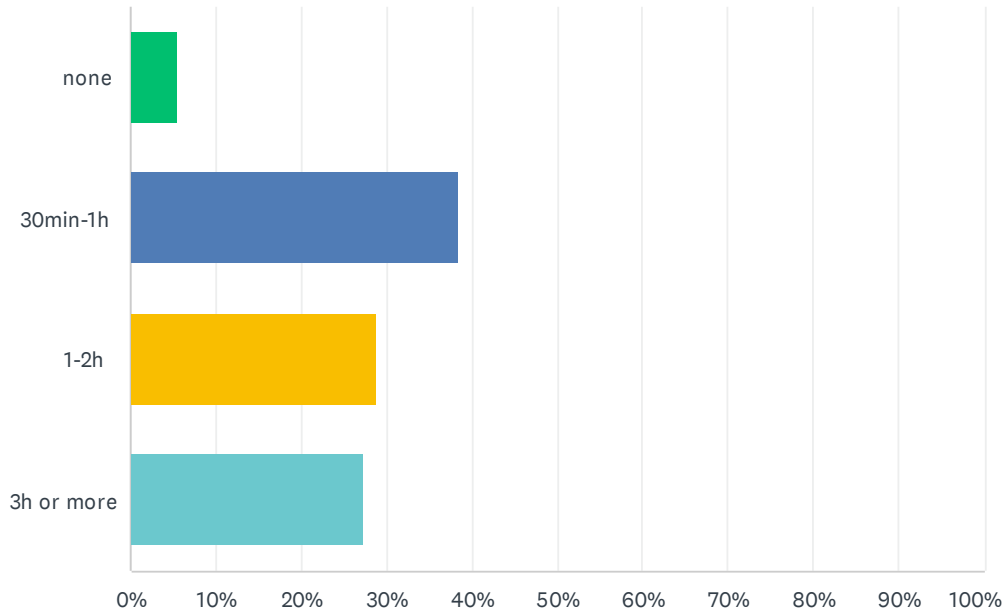


# Q1 How many hours a day do you spend being physically active? [faster breathing/heart rate or sweating]

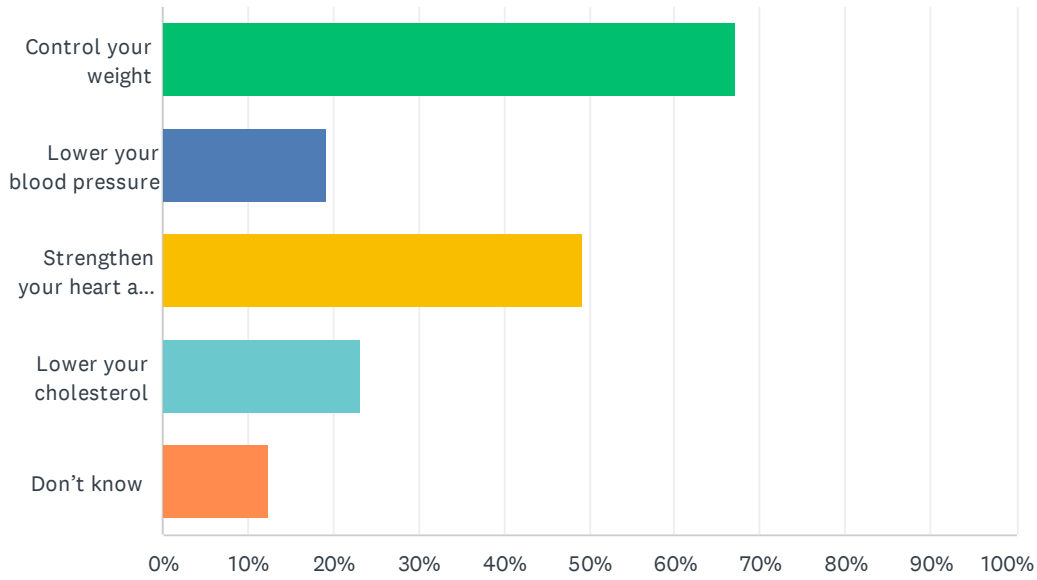
Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES	
none	5.48%	4
30min-1h	38.36%	28
1-2h	28.77%	21
3h or more	27.40%	20
<b>TOTAL</b>		<b>73</b>

## Q2 Physical activity can help you:

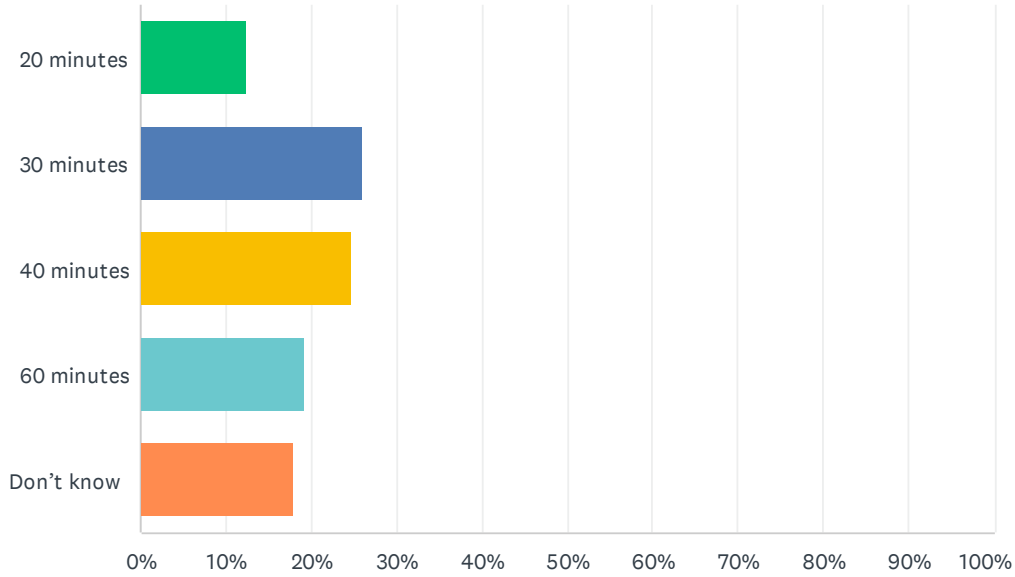
Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES	
Control your weight	67.12%	49
Lower your blood pressure	19.18%	14
Strengthen your heart and lungs	49.32%	36
Lower your cholesterol	23.29%	17
Don't know	12.33%	9
Total Respondents: 73		

### Q3 What is the least amount of time you should engage in physical activity most days

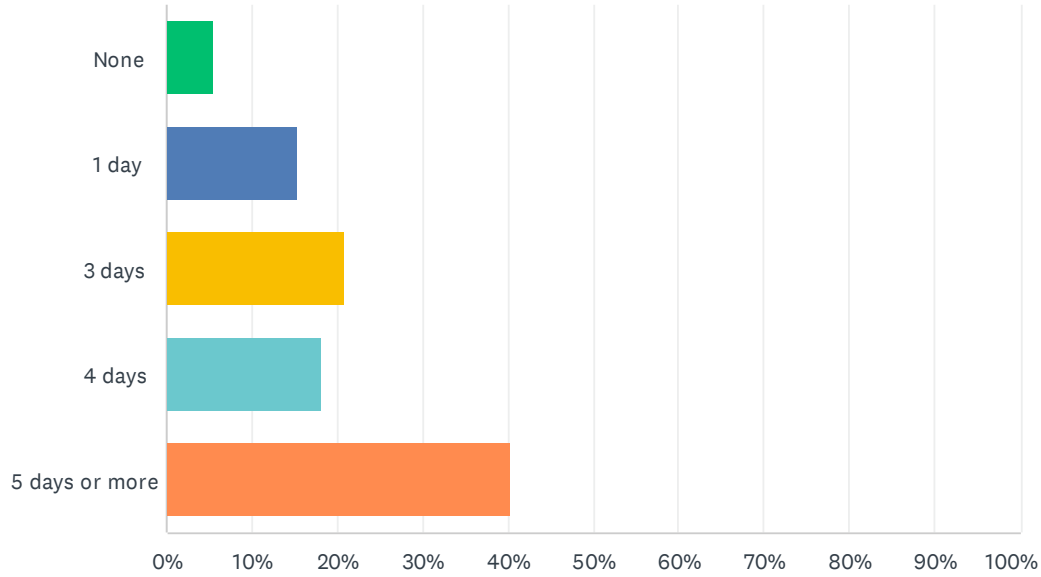
Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES
20 minutes	12.33% 9
30 minutes	26.03% 19
40 minutes	24.66% 18
60 minutes	19.18% 14
Don't know	17.81% 13
TOTAL	73

### Q4 How many days a week do you exercise or do some kind of physical activity for 30 minutes or longer?

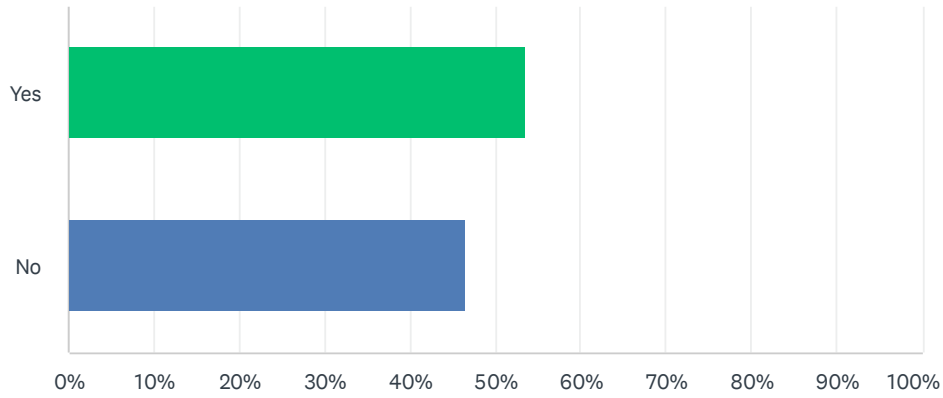
Answered: 72 Skipped: 1



ANSWER CHOICES	RESPONSES	
None	5.56%	4
1 day	15.28%	11
3 days	20.83%	15
4 days	18.06%	13
5 days or more	40.28%	29
TOTAL		72

### Q5 Are you the member of a sports club or activity group (eg football, mountain biking etc.)?

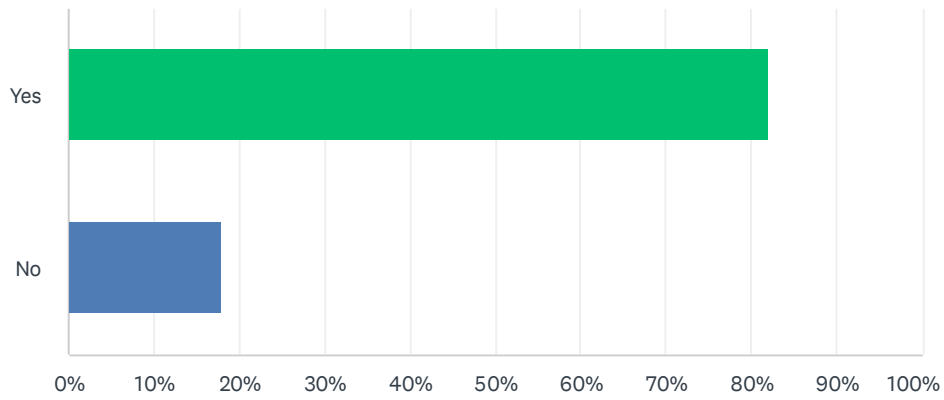
Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	53.42%	39
No	46.58%	34
TOTAL		73

### Q6 Would you like to do more exercise and physical activity?

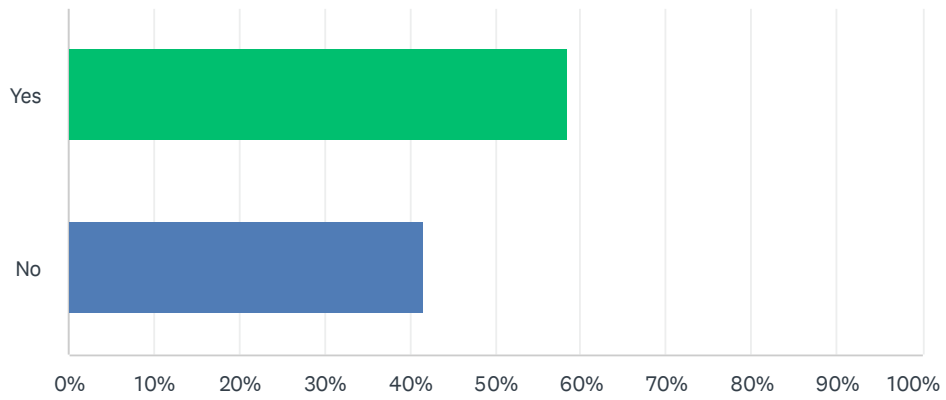
Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	82.19%	60
No	17.81%	13
TOTAL		73

### Q7 Do your family members take part in regular exercise?

Answered: 72 Skipped: 1



ANSWER CHOICES	RESPONSES	
Yes	58.33%	42
No	41.67%	30
TOTAL		72

## Q8 Put only one word which is connected to physical activity.

Answered: 60 Skipped: 13

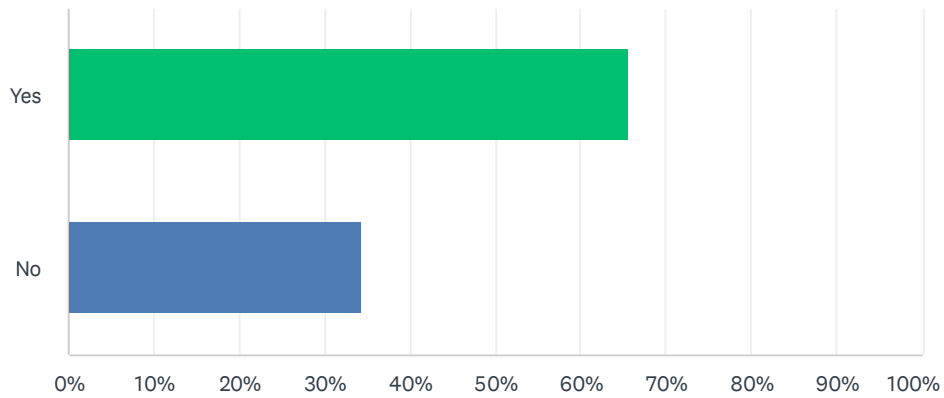
#	RESPONSES	DATE
1	Running	6/20/2022 9:27 AM
2	run	6/20/2022 9:25 AM
3	Sport	6/20/2022 9:19 AM
4	run	6/20/2022 9:17 AM
5	running	6/20/2022 9:15 AM
6	Running	6/20/2022 9:15 AM
7	Memory	6/20/2022 9:14 AM
8	memory	6/20/2022 9:10 AM
9	Taekwondo	6/16/2022 6:11 PM
10	Bike	6/15/2022 11:52 AM
11	basketball	6/14/2022 5:27 PM
12	fun	6/14/2022 4:24 PM
13	Movement	6/14/2022 12:14 PM
14	movement	6/14/2022 12:14 PM
15	swimming, karate	6/14/2022 12:09 PM
16	Danceing	6/14/2022 12:07 PM
17	Teakwon-do	6/14/2022 12:07 PM
18	Healthy	6/14/2022 12:04 PM
19	Kutas	6/14/2022 12:03 PM
20	Dancing	6/14/2022 12:01 PM
21	Treaning	6/14/2022 12:01 PM
22	Football	6/14/2022 12:00 PM
23	Basketball	6/14/2022 11:59 AM
24	Sport	6/14/2022 11:31 AM
25	Volleyball	6/14/2022 11:31 AM
26	Activty	6/14/2022 11:30 AM
27	Cycling	6/14/2022 11:30 AM
28	Riding a horse	6/14/2022 11:30 AM
29	Football	6/14/2022 11:30 AM
30	Sport	6/14/2022 11:30 AM
31	football	6/14/2022 11:30 AM
32	Aerobic	6/14/2022 11:30 AM
33	Training	6/14/2022 11:30 AM



34	Low weight	6/14/2022 11:30 AM
35	Piłka	6/14/2022 11:30 AM
36	Running	6/14/2022 11:27 AM
37	Sport	6/14/2022 11:18 AM
38	Pole dance	6/14/2022 9:29 AM
39	Tennis	6/14/2022 9:23 AM
40	Sport	6/14/2022 9:20 AM
41	Beebyrdggthftsffynyfbrt	6/14/2022 9:19 AM
42	tennis	6/14/2022 9:17 AM
43	Basketball	6/14/2022 9:17 AM
44	Sport	6/14/2022 9:15 AM
45	Running	6/14/2022 9:15 AM
46	Dance	6/14/2022 9:14 AM
47	Tennis	6/14/2022 9:11 AM
48	No	6/14/2022 8:25 AM
49	health	6/14/2022 8:20 AM
50	running	6/14/2022 8:18 AM
51	Strength	6/14/2022 8:17 AM
52	sport	6/14/2022 8:12 AM
53	Mediting	6/14/2022 8:10 AM
54	Strength	6/14/2022 8:09 AM
55	Push-up	6/14/2022 8:08 AM
56	Jumping	6/13/2022 10:01 PM
57	Football	6/13/2022 9:03 PM
58	running	6/13/2022 8:28 PM
59	Running	6/13/2022 8:28 PM
60	Healthy lifestyle	6/13/2022 8:22 PM

### Q9 Do you want to lose weight and manage your body shape?

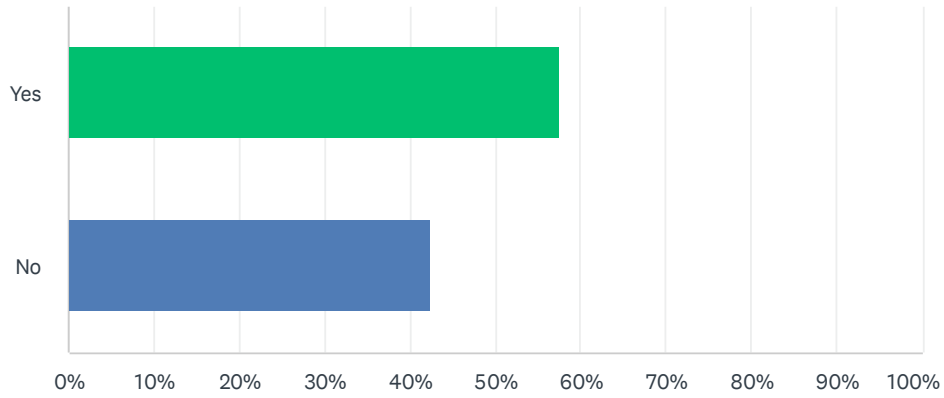
Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	65.75%	48
No	34.25%	25
TOTAL		73

### Q10 If you could, would you take part in exercise (e.g. Step Aerobics, Circuit Training, Gym etc.) at a school club?

Answered: 73 Skipped: 0



ANSWER CHOICES	RESPONSES	
Yes	57.53%	42
No	42.47%	31
TOTAL		73