
Run. Eat. Repeat

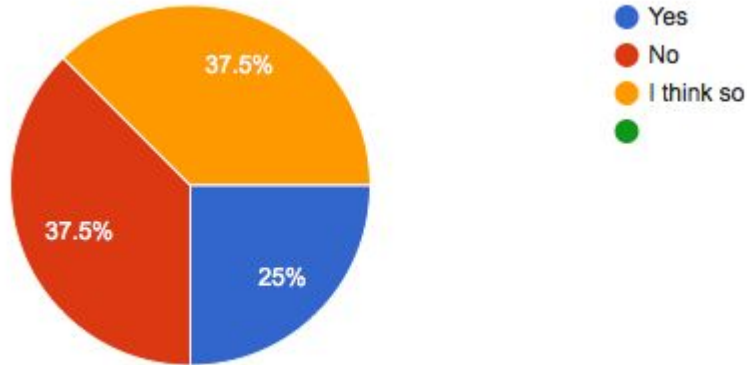
Survey Results

Lydia's Running Blog Survey

Intro

This presentation is an overview of the results from my survey that's based on my blog. From this survey, I have received great feedback that will help my blog.

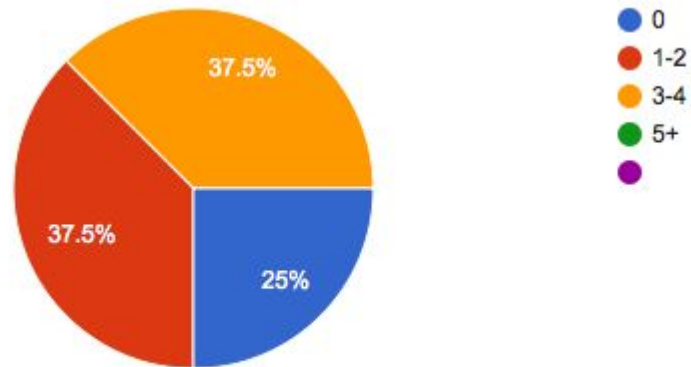
Would you consider yourself a runner?



Based off these results you can see the percent of people who run ,and do not run, or who think they might be a runner. For this first question, I just wanted to see if the respondents are already runners or not.

How many times do you run each week?

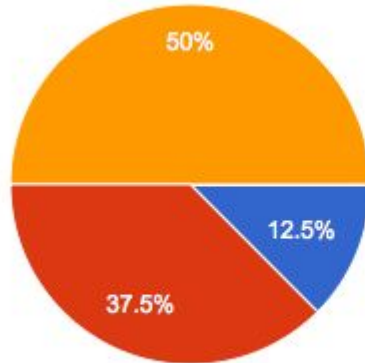
Again, I was curious to see how much the respondents ran.



75%

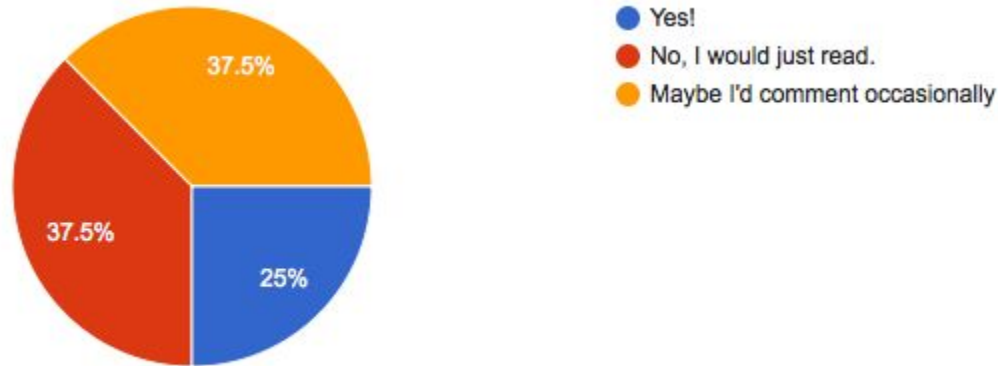
Of the respondents already run

Do you think reading a healthy lifestyle blog would help you live a healthier lifestyle?



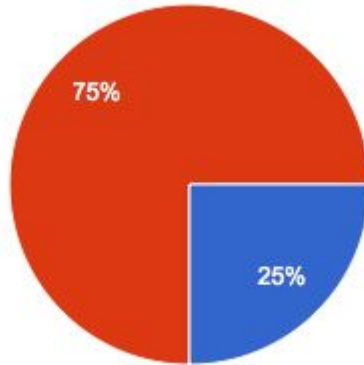
- Probably
 - Maybe for a little bit, but then I'd become uninterested or busy and stop reading it
 - For sure! I would love to learn new ideas
 - Definitely not changing my ways or reading a blog
 - Nope
-

If you did read the blog, would you want to be able to share your ideas about running/eating healthy too?



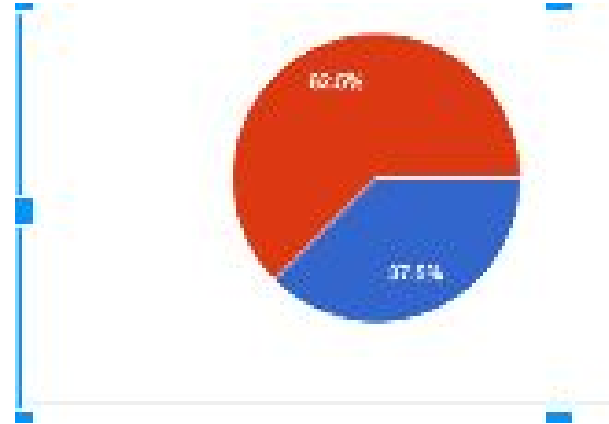
From this question, I was interested to gather more information whether or not I should include places on my blog where my readers could comment back, or have a page of their own to write to spread some motivation and ideas.

75% of people said that they try new recipes often.



From this information, I gathered that it would be helpful to post healthier recipes for people to try.

62.5% said that they believe they need to change the way they eat



Do you have any recommendations for my healthy lifestyle blog? (5 responses)

How to start running

Importance of breakfast and healthy choices to make to start your day off right!

I would like some low calorie snack recipes please

Use lots of pictures!

I've always wanted easy, quick and healthy recipes for my busy lifestyle!

I received a lot of great ideas that I'm very excited to try out. I can't wait to post more about these ideas for my readers!

Please leave any other comments. I appreciate your feedback! (2 responses)

If the blog included fun and healthy recipes, I would be even more interested to hear about it! Also, if your blog includes how to stay motivated to run, that would be the first thing I'd read!

I'm excited for your blog posts!

Final point

Results from Run. Eat. Repeat.
Blog survey

