

Survey

A Healthier Happier Me

Thank you for attending our event! Your feedback helps us improve and continue making a positive impact in the community. Please take a few moments to share your thoughts and experiences—your input is truly appreciated!

1. What is your age group?

Under 18 18-24 25-34 35-44 44+

2. What is your gender?

Male Female Non-binary Prefer not to say

3. Do you attend school?

High School College N/A

4. What is your ethnicity?

Black

5. How often do you work out?

Everyday Often Not at all

6. What type of physical activities do you participate in?

Walking Running Sports Gym Workouts Other

7. Do you face any barriers to engaging in regular physical activities?

Lack of time Lack of motivation Health issues

8. How many sugary beverages do you consume per week?

0-1 2-3 4-6 7 or more

9. How often do you eat fruit?

Never 1-2 3-4 5 or more

10. What challenges do you face when trying to eat healthy?

Cost of healthy Time to prepare meals Lack of knowledge

11. A common reason for you to skip a meal?

Not enough time No food at home Save money

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Black

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4. What is your ethnicity?

BLACK

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3. Do you attend school?

High School College N/A

4. What is your ethnicity?

Black / Native American

5. How often do you work out?

Everyday Often Not at all

6. What type of physical activities do you participate in?

Walking Running Sports Gym Workouts Other

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Lack of time Lack of motivation Health issues

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3. Do you attend school?

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4. What is your ethnicity?

Asian

5. How often do you work out?

Everyday Often Not at all

6. What type of physical activities do you participate in?

Walking Running Sports Gym Workouts Other

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Lack of time Lack of motivation Health issues

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3. Do you attend school?

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4. What is your ethnicity?

All the time African American

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Everyday Often Not at all

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4. What is your ethnicity?

African - American

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3. Do you attend school?

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4. What is your ethnicity?

Black

5. How often do you work out?

Everyday Often Not at all

6. What type of physical activities do you participate in?

Walking Running Sports Gym Workouts Other

7. Do you face any barriers to engaging in regular physical activities?

Lack of time Lack of motivation Health issues

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3. Do you attend school?

- High School College N/A

4. What is your ethnicity?

Hispanic / African American

5. How often do you work out?

- Everyday Often Not at all

6. What type of physical activities do you participate in?

- Walking Running Sports Gym Workouts Other

7. Do you face any barriers to engaging in regular physical activities?

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3. Do you attend school?

- High School College N/A

4. What is your ethnicity?

Latina

5. How often do you work out?

- Everyday Often Not at all

6. What type of physical activities do you participate in?

- Walking Running Sports Gym Workouts Other

7. Do you face any barriers to engaging in regular physical activities?

- Lack of time Lack of motivation Health issues

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3. Do you attend school?

High School College N/A

4. What is your ethnicity?

Black

5. How often do you work out?

Everyday Often Not at all

6. What type of physical activities do you participate in?

Walking Running Sports Gym Workouts Other PLATES

7. Do you face any barriers to engaging in regular physical activities?

Lack of time Lack of motivation Health issues

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NEVER!

HANGRIES NEAR FOR ME

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4. What is your ethnicity?

African-American

5. How often do you work out?

- Everyday Often Not at all

6. What type of physical activities do you participate in?

- Walking Running Sports Gym Workouts Other

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High School College N/A

4. What is your ethnicity?

African-American

5. How often do you work out?

Everyday Often Not at all

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Walking Running Sports Gym Workouts Other

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4. What is your ethnicity?

african american

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Melanie W.

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Male Female Non-binary Prefer not to say

3. Do you attend school?

High School College N/A

4. What is your ethnicity?

Black

5. How often do you work out?

Everyday Often Not at all

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Walking Running Sports Gym Workouts Other

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- Male Female Non-binary Prefer not to say

3. Do you attend school?

- High School College N/A

4. What is your ethnicity?

White

5. How often do you work out?

- Everyday Often Not at all

6. What type of physical activities do you participate in?

- Walking Running Sports Gym Workouts Other

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3. Do you attend school?

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4. What is your ethnicity?

Hispanic

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