

# How was your rest like?

Thank you for your time to complete this form. This form was designed for Project 2 of STATS 220 of Semester 1 of 2024, a course at the University of Auckland. This form is completed anonymously, and the data collected from this form will be made available to the creator and the marker(s) of this project. If you have any questions/queries, please contact Juahn Kim (jkim731@aucklanduni.ac.nz)

\* Indicates required question

---

## Third week of March

From 11th to 17th of March

### 1. What did you usually do in your rest time in the Third week? \*

Please mention any activities(e.g. taking a walk, watching YouTube, reading, etc) that you did while resting.

---

### 2. How many hours of rest did you get each day on average? \*

*Mark only one oval.*

- ☐ Less than 1 hour
- ☐ 1 hour ~ 3 hours
- ☐ 3 hours ~5hours
- ☐ More than 5 hours

### 3. When did you usually had a rest? \*

Tick at most two options that you mostly had a rest:

*Tick all that apply.*

- ☐ Gap between lectures
- ☐ Before going work or/and uni
- ☐ After work or/and uni
- ☐ weekend

4. **Did you need more or less average rest time in the Third week?** \*
- if you needed a more rest, write a number like “2”, or If you needed a less rest, then write a negative number like “-1” otherwise if you think your rest was right for you, answer “0”.
- Answer between -6 and 6:

---

5. **How much of your Third week’s rest helped you recover and manage your stress level?** \*
- Please rate it out of 10:

---

#### Fourth week of March(last week)

From 18th to 24th of March

6. **What did you usually do in your rest time in the Fourth week?** \*
- Please mention any activities(e.g. taking a walk, watching YouTube, reading, etc) that you did while resting.

---

7. **How many hours of rest did you get each day on average?** \*

*Mark only one oval.*

- ☐ Less than 1 hour
- ☐ 1 hour ~ 3 hours
- ☐ 3 hours ~5hours
- ☐ More than 5 hours

8. **When did you usually had a rest? Tick at most two options that you mostly had a rest.** \*

*Tick all that apply.*

- ☐ gap between lectures
- ☐ Before going work or/and uni
- ☐ After work or/and uni
- ☐ weekend

9. **Did you need more or less average rest time in the Fourth week?** \*

if you needed a more rest, write a number like “2”, or If you needed a less rest, then write a negative number like “-1” otherwise if you think your rest was right for you, answer “0”.

Answer between -6 and 6:

---

10. **How much of your Fourth week’s rest helped you recover and manage your stress level?** \*

Please rate it out of 10:

---

---

This content is neither created nor endorsed by Google.

Google Forms