

Survey Questions:

1. How would you describe your flow?
 - a. Light – minimal flow 1-2 days
 - b. Moderate – regular flow 3-5 days
 - c. Heavy – significant flow, 5 + days
 - d. Heavy the first ~2 days, moderate days 3/4, light last part of period
 - e. Varies – changes month to month
2. Do you experience spotting before/after your main flow?
 - a. Yes
 - b. No
3. Which products have you used in the past (check all that apply)
 - a. Tampons
 - b. Pads
 - c. Menstrual cups
 - d. Menstrual discs
 - e. Period underwear
 - f. Panty liners
4. Do you prefer organic / natural materials?
 - a. Yes, always
 - b. Sometimes / open to trying
 - c. Not important to me
5. For tampons, do you prefer:
 - a. Plastic applicators
 - b. Cardboard
 - c. No applicator (digital)
 - d. Does not matter
6. Have you ever had leaks with your current products?
 - a. Often
 - b. Sometimes
 - c. Rarely / never
7. Do you have any sensitivities? We'll filter out products that may not work for you.
 - a. Fragrance sensitivity
 - b. Latex allergy
 - c. Prefer hypoallergenic materials
 - d. No known sensitivities
8. Do you feel your current products are comfortable?
 - a. Yes, very
 - b. Sometimes
 - c. No, I struggle with comfort
9. Which brand are you currently using?
 - a. _____
10. What's your typical daily routine?
 - a. Mostly sitting - Office work, studying
 - b. Moderate activity - Walking, light exercise

- c. Very active - Running, sports, gym workouts
 - d. Mixed - Varies day to day
11. What matters most to you? Select all that apply.
- a. Organic & natural materials
 - b. Eco-friendly & sustainable
 - c. Maximum comfort
 - d. Leak-proof protection
 - e. Discreet & portable
 - f. Budget-friendly
12. Which products are you interested in trying **or exploring new brands?** We'll focus on these in your recommendations.
- a. Tampons
 - b. Pads
 - c. Menstrual cups
 - d. Menstrual discs
 - e. Period underwear
 - f. Panty liners
13. What's most important to you when trying a new product? (rank or select top 2)
- a. Comfort
 - b. Price
 - c. Sustainability
 - d. Brand reputation
 - e. Organic/natural ingredients
 - f. Leak protection

after the survey is complete, prompt the user to a box that asks them to purchase the PeriodBox sample kit which will include the brands that fit them best