Alle Antworten

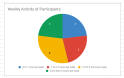
SUBJECTIVE 1: Complete "I"
I feel like a fitness "I"
I feel like a fitness "I"
I feel like a fitness "I"

0 - 1 Vote(s)
0 - 1 Vote(s)
0 - 1 Vote(s)
1 - 2 Vote(s)
2 - 3 Vote(s)
3 - 4 Vote(s)
4 - 5 Vote(s)
4 - 5 Vote(s)
5 - 6 Vote(s)
6 - 7 Vote(s)
7 - 8 Vote(s)
8 - 9 Vote(s)
9 - 10 Vote(s)
1 Vote(s)
1 Vote(s)
1 Vote(s)

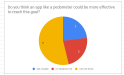
Weekly Activity Participants

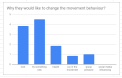
Only I know just exact
I know just exact weekly
I know approximate week
I know from 3 times per week

I do not know, I have no idea or I actually I know (Image, Jogger)



more strength training
more cardio training
more extensive training
other sports
other sports
more cardio
less strong





Yes	40%
Yes, maybe	31%
It is difficult to say	13%
No	16%
Total	100%

Why they would like to change the movement behaviour?

social media influencing	0
They noticed deteriorating people would like to perform more. After	1

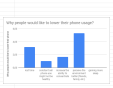
I'd yes, maybe	4
I'd yes, maybe, I'd no	4
I'd yes, I would like	5
I'd no	1
I'd no	1
I'd no	1

Do you think an app like a pedometer could be more effective to reach this goal?

I'd yes, maybe	4
I'd yes, I would like	4
I'd yes, I would like	5

Phone usage in hours per day

less than 1 hour per day	2
1 to 2 hours per day	6
2 to 3 hours per day	4
more than 3 hours per day	1



Why people would like to lower their phone usage?

Total Votes	11.77
Spend less time on my phone	1.47
Spend less time on social media	1.47
Spend more time with friends, family, etc.	2.94
Other reasons	5.88
Other reasons (social media)	5.88
Other reasons (phone)	5.88
Other reasons (friends, family, etc.)	5.88
Other reasons (other)	5.88

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