

Habits for Happiness and Well Bei...

Summary

Design Survey

Collect Responses

Analyze Results

CURRENT VIEW

+ FILTER


+ COMPARE

+ SHOW

No rules applied

Rules allow you to **FILTER**, **COMPARE** and **SHOW** results to see trends and patterns. [Learn more](#)

SAVED VIEWS (1)

 **Original View** (No rules applied)

+ Save as...

EXPORTS

SHARED DATA

No shared data


Sharing allows you to share your survey results with others. You can share all data, a saved view, or a single question summary. [Learn more](#)


Share All


RESPONDENTS: 17 of 17

Export All

Share All

 **Question Summaries**

 Data Trends

 Individual Responses

All Pages

PAGE 1

Q1

Customize

Export

What is your gender?

Answered: 17 Skipped: 0

Male

Female

Other

0%

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

Answer Choices	Responses
Male	11.76% 2
Female	88.24% 15
Other	0.00% 0
Total	17

Q2

Customize

Export

What is your age?

Answered: 17 Skipped: 0

Under 18 (sorry - we...

18-19

20-24

25-29

30-34

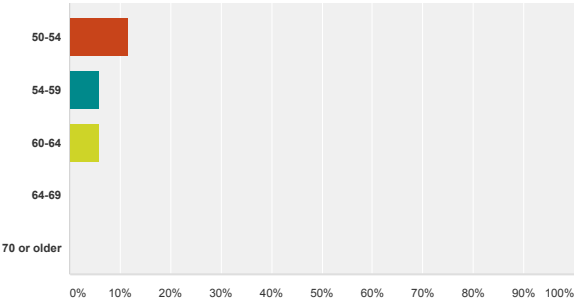
34-39

40-44

45-49

https://www.surveymonkey.com/analyze/us09ggZZtKU\_2FL0lt73WX3vwZ1ZEr2C3SS3q8YuNqncM\_3D

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Answer Choices	Responses
Under 18 (sorry - we can't use your data at this time)	0.00% 0
18-19	5.88% 1
20-24	17.65% 3
25-29	23.53% 4
30-34	5.88% 1
34-39	17.65% 3
40-44	5.88% 1
45-49	0.00% 0
50-54	11.76% 2
54-59	5.88% 1
60-64	5.88% 1
64-69	0.00% 0
70 or older	0.00% 0
Total	17

Q3

Export

In the past week, what challenges have you faced in incorporating healthy activities into your day? (please don't discuss any medical conditions)

Answered: 17 Skipped: 0

Responses (17) Text Analysis My Categories

**PRO FEATURE**  
Use text analysis to search and categorize responses; see frequently-used words and phrases. To use Text Analysis, upgrade to a GOLD or PLATINUM plan.

Upgrade Learn more »

Categorize as... Filter by Category Search responses

Showing 17 responses	
Choosing healthy meals that are easy to make Working out - no equipment, limited space, HOT outside	10/1/2015 8:02 PM View respondent's answers
Exercising. Really hard to find the time with my toddler. Also hard to find rife to do mentally supportive habits like reading and writing everyday.	9/29/2015 12:10 PM View respondent's answers
Lack of time, child, commitments to others, tired and I don't feel like going to the grocery, not sure how to make veggies more exciting	9/27/2015 12:29 PM View respondent's answers
I feel a need fir coffee every morning.	9/18/2015 7:19 AM View respondent's answers
Lack of positive energy around me.. not cute stuff, positive energy.	9/16/2015 4:24 PM View respondent's answers
It seems I never have time because I don't start the day out strong. If I'd get up earlier I could eat a healthy breakfast, walk, pack a lunch, etc. Instead I am running late and the whole day (sans eating and exercise) is gone before I know it. I also tend to make plans with friends in the evenings and these plans invariably involve going to dinner or for a glass of wine.	9/16/2015 10:14 AM View respondent's answers
Feeling stressed	9/16/2015 9:59 AM View respondent's answers
I don't want to exercise because sleeping is easier.	9/15/2015 10:29 PM View respondent's answers
motivation and time	9/10/2015 1:17 PM View respondent's answers
I have health problems and need to loose weight and stretch daily. I often put it off or cannot deal with the pain.	9/7/2015 9:33 PM View respondent's answers
conditioned, limiting, negative thought patterns. The distraction of the internet in general.	8/23/2015 6:04 AM View respondent's answers
laziness when it comes to staying active, losing hope and low self esteem when it comes to dealing with bad eating habits.	8/22/2015 7:52 PM View respondent's answers
Time, money, energy	8/22/2015 9:55 AM View respondent's answers
Will power	8/19/2015 6:17 PM View respondent's answers
	8/19/2015 12:03 PM View respondent's answers

sleepiness, laziness
8/18/2015 12:02 PM <a href="#">View respondent's answers</a>
lack of sleep, constantly caring for my child, work demands, very hot weather
8/15/2015 1:52 AM <a href="#">View respondent's answers</a>

Q4

Export

### What new positive habits would you like to include into your daily routine? (please don't discuss any medical conditions)

Answered: 17   Skipped: 0

● Responses (17)

[Text Analysis](#) [My Categories](#)

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Categorize as...

Filter by Category

Search responses

?

Showing 17 responses

Did not replenish my sugar ... No sugar in house for coffee

10/1/2015 8:02 PM [View respondent's answers](#)

Eating more, exercising more

9/29/2015 12:10 PM [View respondent's answers](#)

Write for an hour a day. Exercise 30 minutes per day.

9/27/2015 12:29 PM [View respondent's answers](#)

Eating more veggies, drinking more water, going to bed at a decent hour, reading on a regular basis

9/18/2015 7:19 AM [View respondent's answers](#)

Drink juices as a substitute for coffee.

9/16/2015 4:24 PM [View respondent's answers](#)

New way to see the world, organization, congruency, how to make the perfect coffee.

9/16/2015 10:14 AM [View respondent's answers](#)

I'd like to get up earlier. I'd like to make time to exercise. To plan some events with friends and family around exercise. Start a regular yoga class and maybe get a fitness app on my phone.

9/16/2015 9:59 AM [View respondent's answers](#)

Teeth brushing

9/15/2015 10:29 PM [View respondent's answers](#)

More exercise, and going outside more.

9/10/2015 1:17 PM [View respondent's answers](#)

healthier eating and more activity during my day

9/7/2015 9:33 PM [View respondent's answers](#)

I would like to learn how to use positive reinforcement to accomplish these goals instead of "off putting" thinking.

8/23/2015 6:04 AM [View respondent's answers](#)

exercising daily & learning something new such as vocabulary or a new subject

8/22/2015 7:52 PM [View respondent's answers](#)

Positive thinking, having and working in goals in life, good eating habits, staying active, and the most important getting rid of bad behaviors or habits that effects both my mental and physical health.

8/22/2015 9:55 AM [View respondent's answers](#)

Going to yoga more, self care

8/19/2015 6:17 PM [View respondent's answers](#)

Quit smoking lose weight

8/19/2015 12:03 PM [View respondent's answers](#)

meditation, more regular exercise,

8/18/2015 12:02 PM [View respondent's answers](#)

yoga, walking, cooking healthier meals

8/15/2015 1:52 AM [View respondent's answers](#)

Q5

Export

### How many minutes would you be willing to spend right when you wake up in the morning working on the habits you described above if you had an automated no-cost positive coach/mentor encouraging you?

Answered: 17   Skipped: 0

● Responses (17)

[Text Analysis](#) [My Categories](#)

PRO FEATURE

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3/7

UpgradeLearn more »

Categorize as...

Filter by Category

Search responses

?

Showing 17 responses

10 minutes	10/1/2015 8:02 PM	<a href="#">View respondent's answers</a>
30	9/29/2015 12:10 PM	<a href="#">View respondent's answers</a>
Exercise- 20-60 minutes. Writing/Reading, not when first wake up probably... Unless I break hour onto 20 monite chunks.	9/27/2015 12:29 PM	<a href="#">View respondent's answers</a>
5	9/18/2015 7:19 AM	<a href="#">View respondent's answers</a>
30 minutes	9/16/2015 4:24 PM	<a href="#">View respondent's answers</a>
18	9/16/2015 10:14 AM	<a href="#">View respondent's answers</a>
30	9/16/2015 9:59 AM	<a href="#">View respondent's answers</a>
2 minutes tops	9/15/2015 10:29 PM	<a href="#">View respondent's answers</a>
15	9/10/2015 1:17 PM	<a href="#">View respondent's answers</a>
5	9/7/2015 9:33 PM	<a href="#">View respondent's answers</a>
60 minutes	8/23/2015 6:04 AM	<a href="#">View respondent's answers</a>
5-10	8/22/2015 7:52 PM	<a href="#">View respondent's answers</a>
15 min	8/22/2015 9:55 AM	<a href="#">View respondent's answers</a>
25	8/19/2015 6:17 PM	<a href="#">View respondent's answers</a>
15	8/19/2015 12:03 PM	<a href="#">View respondent's answers</a>
45	8/18/2015 12:02 PM	<a href="#">View respondent's answers</a>
I have to be with my child when I wake up in the morning, and I need time to wake up. That's not the time I would do these things.	8/15/2015 1:52 AM	<a href="#">View respondent's answers</a>

PAGE 2

Q6

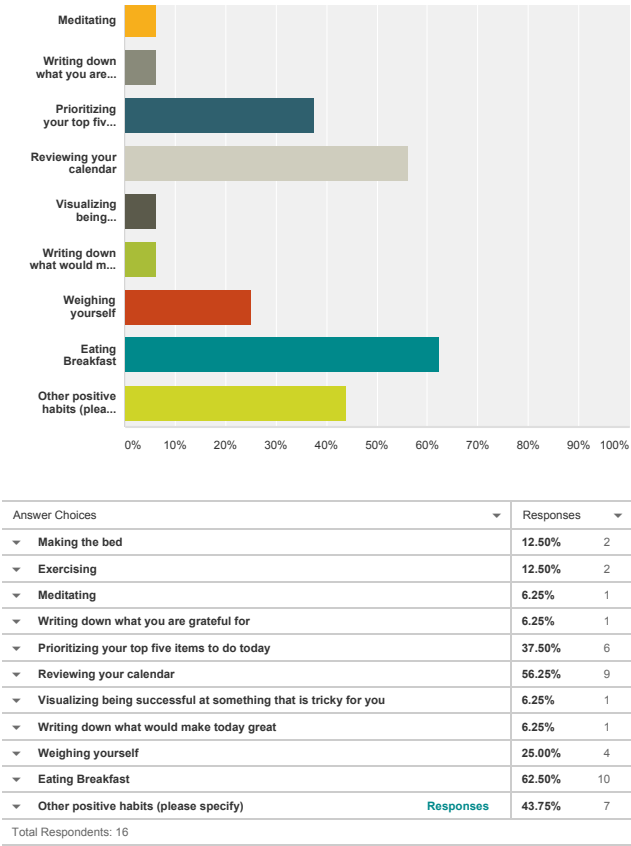
CustomizeExport

Which of these is already a daily morning habit?

Answered: 16 Skipped: 1

Making the bed

Exercising

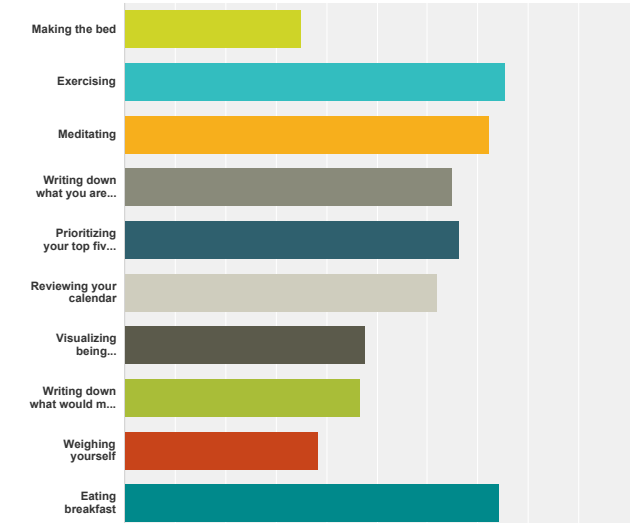


Q7

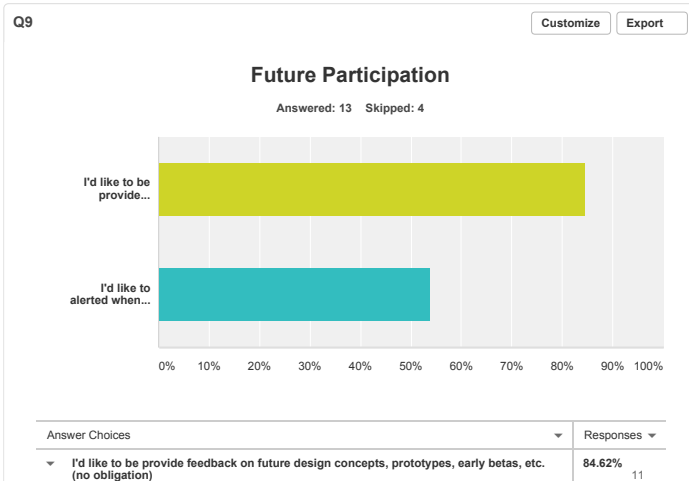
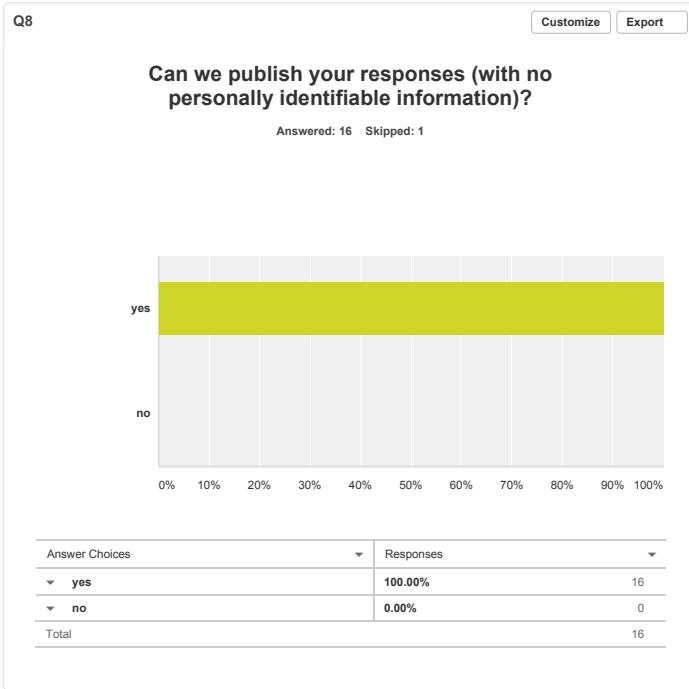
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Rank the following potential habits in importance to you (1 being top). On many browsers, you can drag your top picks to the top by grabbing the handle on the left edge of the item and moving them up or down in the list for faster sorting. If you get frustrated for any reason, feel free to skip this question.

Answered: 16 Skipped: 1



	0	1	2	3	4	5	6	7	8	9	10			
	1	2	3	4	5	6	7	8	9	10	N/A	Total	Score	
▼ Making the bed	0.00% 0	0.00% 0	0.00% 0	20.00% 3	6.67% 1	0.00% 0	6.67% 1	6.67% 1	13.33% 2	26.67% 4	20.00% 3	15	3.50	
▼ Exercising	33.33% 5	20.00% 3	13.33% 2	6.67% 1	0.00% 0	6.67% 1	0.00% 0	13.33% 2	6.67% 1	0.00% 0	0.00% 0	15	7.53	
▼ Meditating	12.50% 2	25.00% 4	12.50% 2	0.00% 0	18.75% 3	0.00% 0	0.00% 0	0.00% 0	12.50% 2	0.00% 0	18.75% 3	16	7.23	
▼ Writing down what you are grateful for	6.25% 1	6.25% 1	6.25% 1	25.00% 4	12.50% 2	6.25% 1	6.25% 1	0.00% 0	6.25% 1	0.00% 0	25.00% 4	16	6.50	
▼ Prioritizing your top five items to do today	0.00% 0	18.75% 3	18.75% 3	18.75% 3	12.50% 2	12.50% 2	18.75% 3	0.00% 0	0.00% 0	0.00% 0	0.00% 0	16	6.63	
▼ Reviewing your calendar	18.75% 3	6.25% 1	12.50% 2	6.25% 1	6.25% 1	18.75% 3	12.50% 2	12.50% 2	6.25% 1	0.00% 0	0.00% 0	16	6.19	
▼ Visualizing being successful at something that is tricky for you	6.25% 1	0.00% 0	6.25% 1	6.25% 1	6.25% 1	12.50% 2	6.25% 1	18.75% 3	6.25% 1	6.25% 1	25.00% 4	16	4.75	
▼ Writing down what would make today great	0.00% 0	0.00% 0	6.67% 1	6.67% 1	13.33% 2	13.33% 2	20.00% 3	6.67% 1	13.33% 2	0.00% 0	20.00% 3	15	4.67	
▼ Weighing yourself	0.00% 0	6.67% 1	13.33% 2	0.00% 0	6.67% 1	0.00% 0	6.67% 1	20.00% 3	6.67% 1	26.67% 4	13.33% 2	15	3.85	
▼ Eating breakfast	25.00% 4	18.75% 3	12.50% 2	6.25% 1	12.50% 2	12.50% 2	6.25% 1	6.25% 1	0.00% 0	0.00% 0	0.00% 0	16	7.44	




▼ I'd like to alerted when new releases are available of this application	53.85%	7
Total Respondents: 13		
<a href="#">Comments</a> (13)		

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