



+ Create Survey

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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

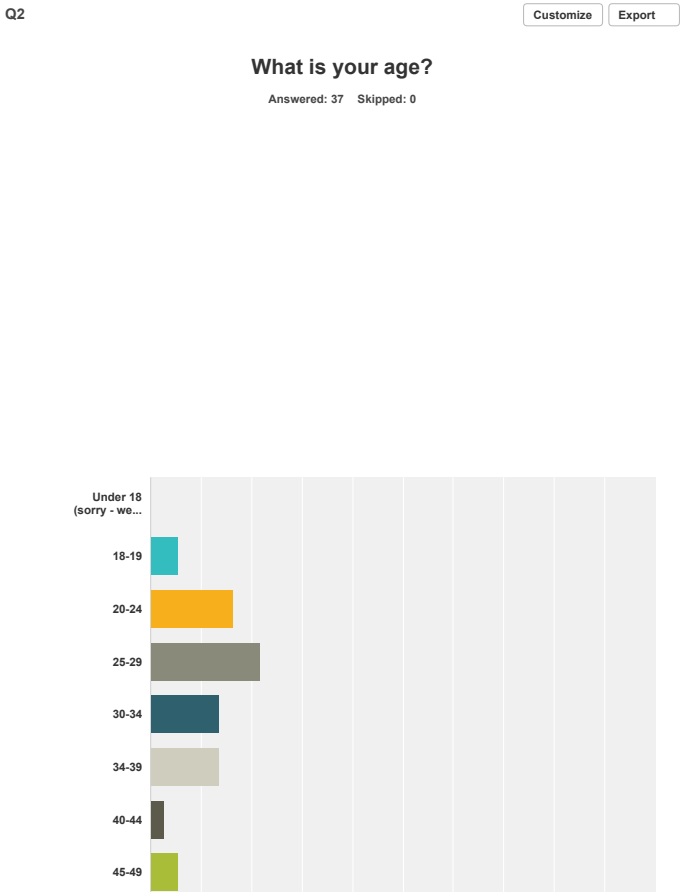
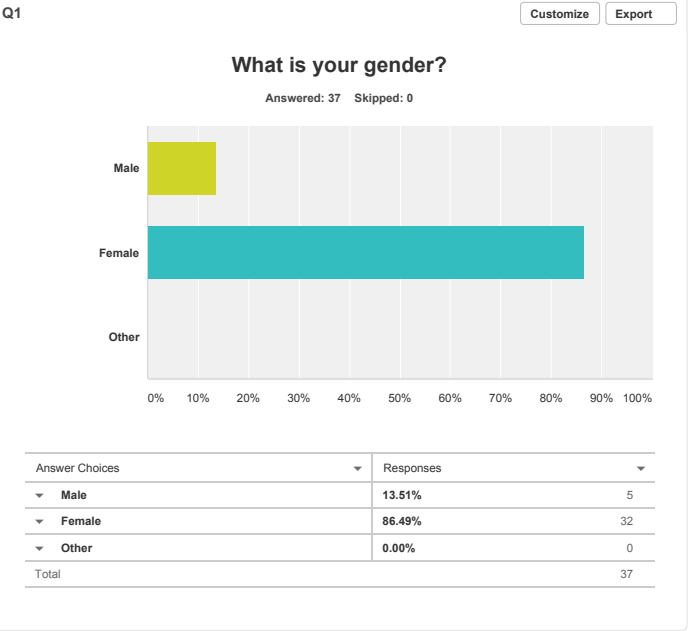
RESPONDENTS: 37 of 37

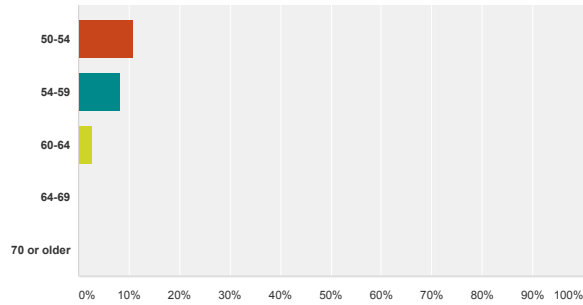
Export All Share All

Question Summaries Data Trends Individual Responses

All Pages

PAGE 1





Answer Choices	Responses
Under 18 (sorry - we can't use your data at this time)	0.00% 0
18-19	5.41% 2
20-24	16.22% 6
25-29	21.62% 8
30-34	13.51% 5
34-39	13.51% 5
40-44	2.70% 1
45-49	5.41% 2
50-54	10.81% 4
54-59	8.11% 3
60-64	2.70% 1
64-69	0.00% 0
70 or older	0.00% 0
Total	37

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: 37 Skipped: 0

● Responses (37)

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 37 responses

Motivation, lack of gym in apartment complex
1/14/2016 12:54 PM View respondent's answers
finding time and motivation to exercise
1/11/2016 8:55 PM View respondent's answers
Holiday snacking (self-control), lack of motivation to clean, lack of motivation to exercise, ineffective use of time...
1/5/2016 9:16 PM View respondent's answers
Working evenings makes it hard to get in a good dinner.
1/3/2016 10:04 PM View respondent's answers
Transportation. Staying motivated.
12/28/2015 2:51 AM View respondent's answers
it's hard to find time to exercise and at work there are lots of sweets
12/23/2015 12:57 PM View respondent's answers
Holidays, houseguests, parties with alcohol and heavy snacks, chores, work, business
11/28/2015 5:59 PM View respondent's answers
I am reluctant to say I am not dedicated to wellness, my spouse was home this week and I was lazy and did not ride bike or walk.
11/25/2015 4:33 PM View respondent's answers
1. Remembering to do it. (meditation) 2. Laziness.(exercise)
11/25/2015 10:19 AM View respondent's answers
limited mobility fatigue
11/21/2015 12:09 AM View respondent's answers
Getting up earlier to start my day off right is always difficult. I can keep it up for a couple of days in a row but always feel I deserve a break and then don't go back to it. Perhaps an encouraging alarm of some sort would help.
11/18/2015 9:34 AM View respondent's answers
my husband being childish
11/17/2015 8:42 PM View respondent's answers
1) motivation to exercise - grew up homeschooled so no PE, but I backpacked for my teen years. Now I have no routine and it's difficult to get motivated to do anything remotely exercise related. 2) healthy eating - I love cooking, which means I don't always eat healthy. I'm challenged with incorporating more fruits and less carbs in my meals. 3) personal justification - recently unemployed due to relocation for my husband's career, I've found it difficult to find satisfaction in daily life.
11/11/2015 4:38 PM View respondent's answers
Stress. Responsibilities. Time constraints. Traffic.
11/1/2015 8:32 PM View respondent's answers
limiting sweets, drinking enough water, exercising
11/1/2015 7:27 PM View respondent's answers
I feel I have a lack of willpower.
11/1/2015 7:29 AM View respondent's answers
Morning tiredness caused by staying up too late at night Lack of motivation to tackle tasks
10/30/2015 2:47 PM View respondent's answers
Biking
10/28/2015 10:32 PM View respondent's answers
-Not enough time -Lack of motivation
10/28/2015 1:51 PM View respondent's answers
Motivation and time
10/27/2015 7:32 PM View respondent's answers
To Tired No Time Confused at where to start
10/26/2015 5:09 PM View respondent's answers
Staying away from junk food is hard
10/1/2015 8:02 PM View respondent's answers
Choosing healthy meals that are easy to make Working out - no equipment, limited space, HOT outside
9/29/2015 12:10 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.
9/27/2015 12:29 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

9/18/2015 7:19 AM	View respondent's answers
I feel a need fir coffee every morning.	
9/16/2015 4:24 PM	View respondent's answers
Lack of positive energy around me.. not cute stuff, positive energy.	
9/16/2015 10:14 AM	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 9:59 AM	View respondent's answers
Feeling stressed	
9/15/2015 10:29 PM	View respondent's answers
I don't want to exercise because sleeping is easier.	
9/10/2015 1:17 PM	View respondent's answers
motivation and time	
9/7/2015 9:33 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.	
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 9:55 AM	View respondent's answers
Time, money, energy	
8/19/2015 6:17 PM	View respondent's answers
Will power	
8/19/2015 12:03 PM	View respondent's answers
sleepiness, laziness	
8/18/2015 12:02 PM	View respondent's answers
lack of sleep, constantly caring for my child, work demands, very hot weather	
8/15/2015 1:52 AM	View respondent's answers

Q4

Export

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

Answered: 37 Skipped: 0

● Responses (37)

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 37 responses

Running, stretches in the morning, activity after I eat

1/14/2016 12:54 PM

[View respondent's answers](#)

get more exercise daily; take more breaks from sitting in front of computer working

1/11/2016 8:55 PM

[View respondent's answers](#)

More consistent cleaninn/declutterinn healthier meal-planninn exercise

more consistent eating, exercising, meditation, meal planning, exercise	1/5/2016 9:16 PM	View respondent's answers
food prep to be more complete	1/3/2016 10:04 PM	View respondent's answers
Helping out a Pet Shelter. Helping out a Neighbor. More Gym time. More Healthy Meals. More Brain Stimulation...enriching my mind with things that matter. No Profanity. Better Budgeting.	12/28/2015 2:51 AM	View respondent's answers
eat more vegetables, meditate, yoga, walk the dog	12/23/2015 12:57 PM	View respondent's answers
more exercise, muscle building exercises, eating better	11/28/2015 5:59 PM	View respondent's answers
Exercise daily and read one hour upon awaking with morning coffee.	11/25/2015 4:33 PM	View respondent's answers
Meditation	11/25/2015 10:19 AM	View respondent's answers
increase physical activity increase water consumption increase time outdoors	11/21/2015 12:09 AM	View respondent's answers
Getting up early and going for a run and taking time to study a new subject when I get home instead of watching tv.	11/18/2015 9:34 AM	View respondent's answers
trying to unpack and organize our house	11/17/2015 8:42 PM	View respondent's answers
Exercise!!!!	11/11/2015 4:38 PM	View respondent's answers
Daily Bible Devotion	11/1/2015 8:32 PM	View respondent's answers
Exercise at least 30 minutes a day/5 days a week Drink water	11/1/2015 7:27 PM	View respondent's answers
Pranayama, meditation	11/1/2015 7:29 AM	View respondent's answers
After my ritual of taking coffee and meds and eating breakfast, I would like to take a walk and have a shower and start to work at my desk. All without stopping to watch TV or look at the internet	10/30/2015 2:47 PM	View respondent's answers
Running	10/28/2015 10:32 PM	View respondent's answers
-Running every day	10/28/2015 1:51 PM	View respondent's answers
I would like to include more physical activity into my day. I'd also like to set aside more time to write and reflect about my thoughts and feelings.	10/27/2015 7:32 PM	View respondent's answers
Exercising Writing and Reading More Cooking	10/26/2015 5:09 PM	View respondent's answers
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
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

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.

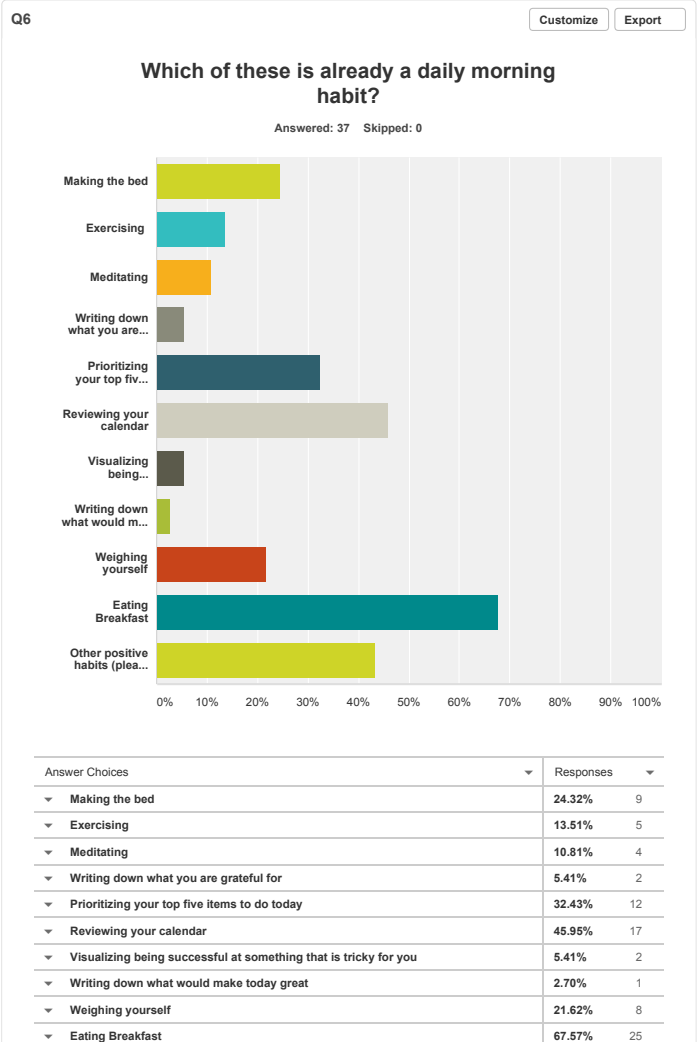
[Upgrade](#) [Learn more »](#)

Categorize as... Filter by Category Search responses

1/14/2016 12:54 PM	View respondent's answers
10	
1/11/2016 8:55 PM	View respondent's answers
20	
1/5/2016 9:16 PM	View respondent's answers
10	
1/3/2016 10:04 PM	View respondent's answers
as many minutes needed to do it. I don't mind, I just need to maintain motivation	
12/28/2015 2:51 AM	View respondent's answers
15-30	
12/23/2015 12:57 PM	View respondent's answers
40	
11/28/2015 5:59 PM	View respondent's answers
30 -60 minutes	
11/25/2015 4:33 PM	View respondent's answers
10 minutes	
11/25/2015 10:19 AM	View respondent's answers
10	
11/21/2015 12:09 AM	View respondent's answers
Up to an hour	
11/18/2015 9:34 AM	View respondent's answers
60	
11/17/2015 8:42 PM	View respondent's answers
30 minutes starting, with a "leveling up" platform once I achieve minor goals	
11/11/2015 4:38 PM	View respondent's answers
30	
11/1/2015 8:32 PM	View respondent's answers
20 min	
11/1/2015 7:27 PM	View respondent's answers
10	
11/1/2015 7:29 AM	View respondent's answers
45	
10/30/2015 2:47 PM	View respondent's answers
30 minutes	
10/28/2015 10:32 PM	View respondent's answers
30	
10/28/2015 1:51 PM	View respondent's answers
15	
10/27/2015 7:32 PM	View respondent's answers
1hr	

10/28/2015 5:09 PM	View respondent's answers
10 minutes	
10/1/2015 8:02 PM	View respondent's answers
30	
9/29/2015 12:10 PM	View respondent's answers
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	View respondent's answers
5	
9/18/2015 7:19 AM	View respondent's answers
30 minutes	
9/16/2015 4:24 PM	View respondent's answers
18	
9/16/2015 10:14 AM	View respondent's answers
30	
9/16/2015 9:59 AM	View respondent's answers
2 minutes tops	
9/15/2015 10:29 PM	View respondent's answers
15	
9/10/2015 1:17 PM	View respondent's answers
5	
9/7/2015 9:33 PM	View respondent's answers
60 minutes	
8/23/2015 6:04 AM	View respondent's answers
15 min	
8/22/2015 9:55 AM	View respondent's answers
25	
8/19/2015 6:17 PM	View respondent's answers
15	
8/19/2015 12:03 PM	View respondent's answers
45	
8/18/2015 12:02 PM	View respondent's answers
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	View respondent's answers

PAGE 2



Other positive habits (please specify)	Responses	43.24%	16
Total Respondents: 37			

