|  |
| --- |
| Data  Survey Results-(number of people)-category  Age- (20)-15-21; (26)-22-28; (15)-29-35; (11)-36+  Gender- 68 male, 4 female  How often- (5)-once a week;(21)-two days;(30)-3-4 days; (16) 5+  How hard- (24)-low; (48)-high  Initial loading phase?- (71) yes; (1) no  loading phase again?- (44) N/A- either did loading phase again or did not cycle;  (8)- did notice difference without loading phase; (20) did not notice difference  what do you take your creatine with? (26) water; (4) grape juice; (7) other  juices; (30)-special form;(5)-other  side effects(yes and no)- (51)-yes (21)- no  rating on benefits only(3)- no help; (22)- little help; (47)-big help  still use or quit-(27)-still use;(45)-quit  cycle or quit, notice loss?- (49)-yes; (16)-no  reason for quitting-(20)-side effects;(6)-cost;(15)-benefits not good  enough/muscle loss after stop;(4)-other  recommend?-(36)-yes, (36)-no  Observations/Data-  - On all graphs down the left side vertically that represents the number of  people.  As seen in the graph titled “How much help vs. How many times worked,” it  appears to show that it gives a very good increase to the people that work 2 and  3-4 days a week as many of them notice a significant increase in muscle mass.  The ones that noticed no help in the “once a week” category were probably due to  the creatine not acting to its full potential because they were not working out  very much, where as the “no help” in the other categories have a good chance  that those people may just as well be “non responders” as mentioned in the  introduction. The graph clearly shows that most people that work 5+ days a week  notice minimal help from creatine generally a lot more than those that work 3-4  days etc. As seen from the graph labeled “if loss is noticed vs. how much work,”  the people that benefit the most from creatine will lose the effects shortly  after stopping usage as the people that work out 2 and 3-4 days a week do. The  people that work 5 or more days however, notice a lot less of a loss and even  wouldn’t notice the difference when cycling creatine. (Note- all people in  survey that work 5+ days a week were on high intensity workouts.) Also, from the  results of people that do not follow up a cycle with another loading phase,  since 28 total people did not do this, and 20 out of the 28 did not notice a  difference, you can probably say that for many people that 2nd loading phase is  not necessary, where as you can not say that for the 1st loading phase, because  all but one of the people in the survey followed directions and proceeded with  it the first time. Another significant difference which is shown in the 3rd  graph down labeled “Age group vs. Side effects,” it shows a clear indication  that age group is directly involved with whether you feel the side effects or if  the side effects are extreme or not. Clearly the teenagers and people in their  early 20s feel the side effects where as the people that are 36+ generally don’t  notice them or it is much less extreme for them.  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2002 Projects](http://docs.google.com/AP2002/index.html)][[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |