|  |
| --- |
| Procedure  Experiment-  I went to various weight rooms and fitness places (club sport, 24-hour fitness)  to get people to survey. I also called personal trainers and different people  that sell equipment to check for people that have used creatine.  I did my experiment via a survey of people that either currently use creatine  or have used it in the past. Here are the questions I asked.  Survey Questions  Age:\_\_\_\_\_  Gender:   M     F  How often do you work out? (In categories of once a week, two days a week, 3-4  days a week, 5+ days a week)  When you work out, how hard do you work? (Not very hard, very hard)  When you first started creatine did you follow the directions to have an initial  loading phase?  If you have cycled creatine in the past (taken a 1-2 month break in between  months of using it as recommended), did you follow up with a loading phase once  again every time, and if not, did you notice the difference?  On the majority, what do you take your creatine with? (broken up into water,  grape juice, other juices, N/A-takes creatine in a form already mixed with other  things, other)  Have you noticed any side effects from creatine? (All are noted)  How do you rate the benefits and only the benefits of creatine? (No help, little  help, big help)  Do you currently use creatine or have you used it and since quit?  If you either cycle creatine or have quit using it, say whether you have noticed  a significant loss in muscle mass within the next few weeks of using.  If you have quit, please note the reason why. (Side effects, cost, benefits not  good enough, etc.)  Would you recommend it to other people to use?  72 total people observed  [[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)] |