DE3
Health and Lifestyle Survey

Exercise Habits analysis
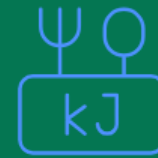
Overview

Health and Mood Analysis

Sleep analysis

Diet Analysis

DE3 Health and Lifestyle Survey
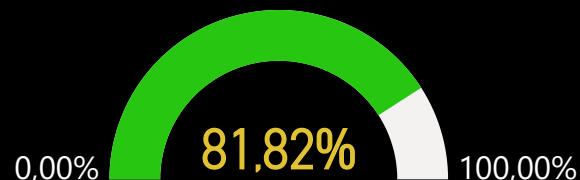

Home

152	18-25	Architect	Hoceima
Total Responses	Most Age category	The most Occupation	The first city

Fast Food Ratio

0,00% **81,82%** 100,00%

Sleep Quality %

0,00 **0,19** 0,38

	Hoceima	Rabat
	Responses	Responses
	83	**22**

Respondents by Month and Day

November
- 14 — 31
- 15 — 2
- 17 — 3
- 27 — 8
- 28 — 108

DayName
- ● Friday
- ● Sunday
- ● Thursday
- ● Wednesday

Respondents

Total Responses by Occupation

Occupation	Total Respondents
Freelance	61
student	36
Engineer	10
professor	10
Teacher	8
Architect	6
doctor	3
mom	3
assistant	2

Age ✕ — 26-35
Gender ✕ — Female
♀ **Sleep Type** ✕

Total Respondents 152

18-25 68
26-35 32
36-45 23

Female 18
Male 12
Prefer not to say 2

Somewhat restful 10
Not restful 5
Very restful 3

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Health and Lifestyle Survey

152 Respondents

city — Tout
Age — Tout
Gender — Tout
Day — Tout

Cardio (e.g., running, cycling)
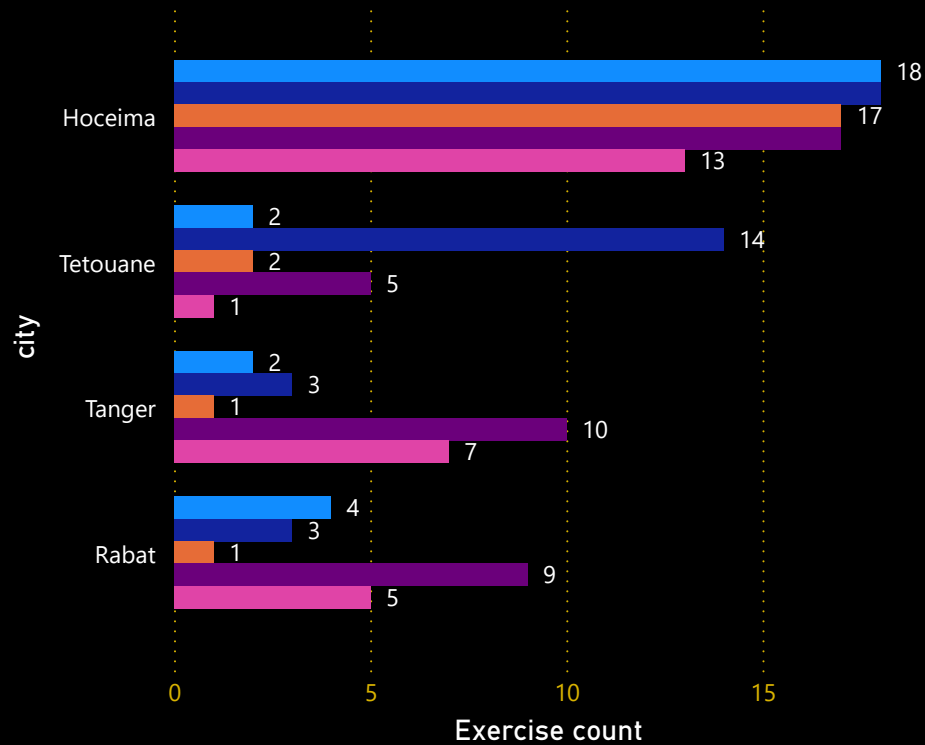The most frequent exercise type

Age | city | Gender

Exercise type trends by demographics
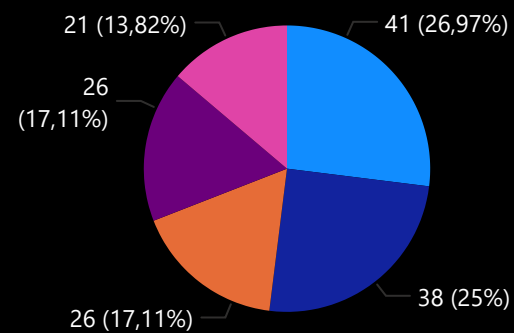
Exercise count (x-axis): 0, 5, 10, 15

Hoceima
- 18
- 17
- 13

Tetouane
- 2
- 2
- 5
- 1
- 14

Tanger
- 2
- 3
- 1
- 10
- 7

Rabat
- 4
- 3
- 1
- 9
- 5

Total respondents by exercise duration

Total Respondents (y-axis): 20, 40, 60

Exercise duration	Total Respondents
30-60 minutes	67
Less than 30 minutes	40
1-2 hours	35
More than 2 hours	10

Days exercise

Total Respondents: 152

- **2-3 days**: 62
- **4-5 days**: 49
- **0-1 days**: 23
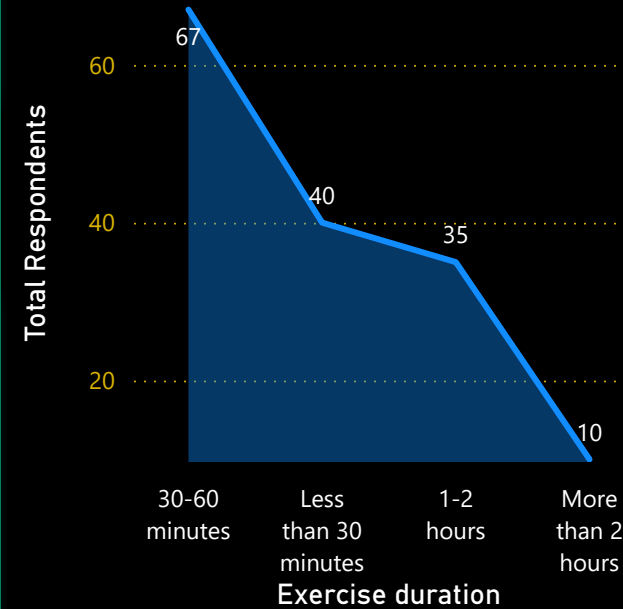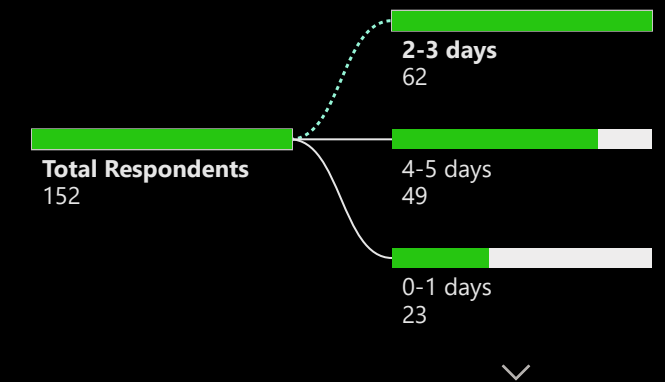
The most frequent types of exercise

- 41 (26,97%)
- 38 (25%)
- 26 (17,11%)
- 26 (17,11%)
- 21 (13,82%)

Exercise count par Occupation et Exercise type

Exercise count (x-axis): 0, 50

- **Freelance**: 6, 13, 16, 14, 12
- **student**: 10, 7, 12, 4
- **Engineer**: 5
- **professor**: 6
- **Teacher**: 5
- **Architect**

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Health and Lifestyle Survey
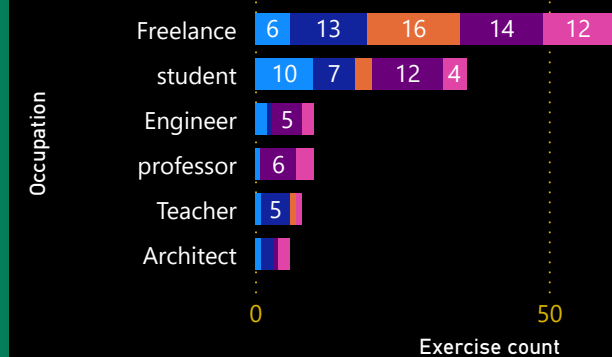
152 Total Respondents

Home

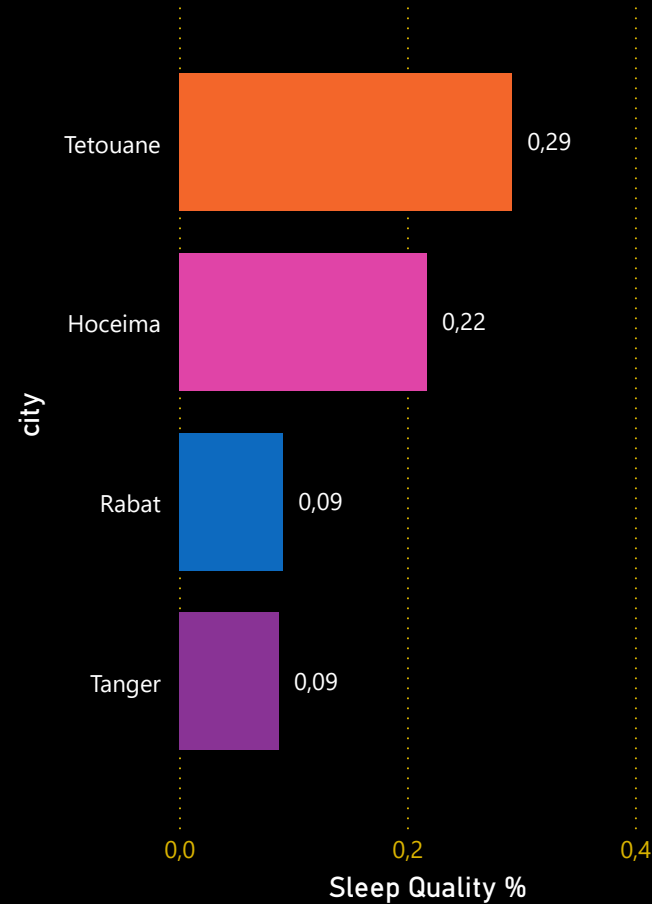| city	Age	Gender	Day
Tout	Tout	Tout	Tout

Age | city | Gender

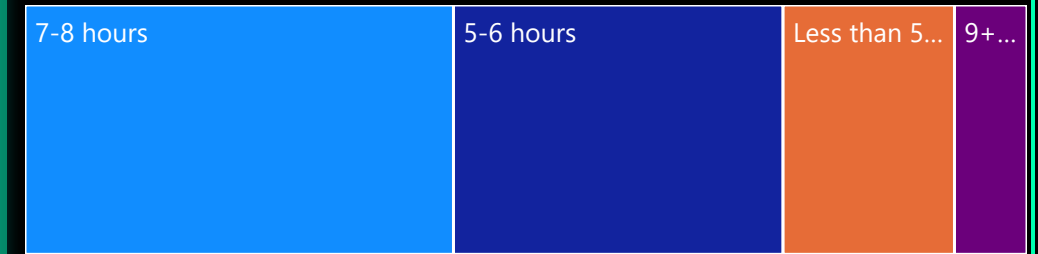## Sleep quality trends by demographics

0,19 Sleep Quality %

Not restful The most feedback

The sleep duration by Total Respondents

7-8 hours	5-6 hours	Less than 5...	9+...

The percentage of sleep categories

- 29 (19,08%)
- 35 (23,03%)
- 88 (57,89%)
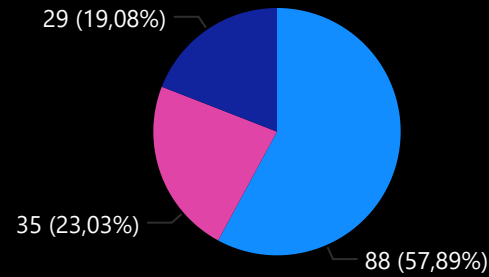
Sleep quality time trends

Day (November)	Sleep Quality %
14	0,32
17	0,33
27	0,13
28	0,16
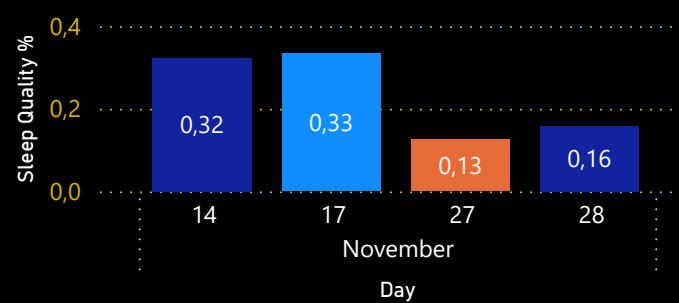
Count of Sleep category by occupation

Sleep category
Not restful

Occupation

Total Respondents 152

- Somewhat restful 88
- Not restful 35
- Very restful 29

- Freelance 11
- student 7
- professor 4
- Engineer 3

city:
- Tetouane 0,29
- Hoceima 0,22
- Rabat 0,09
- Tanger 0,09

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Sleep Quality %
0,19

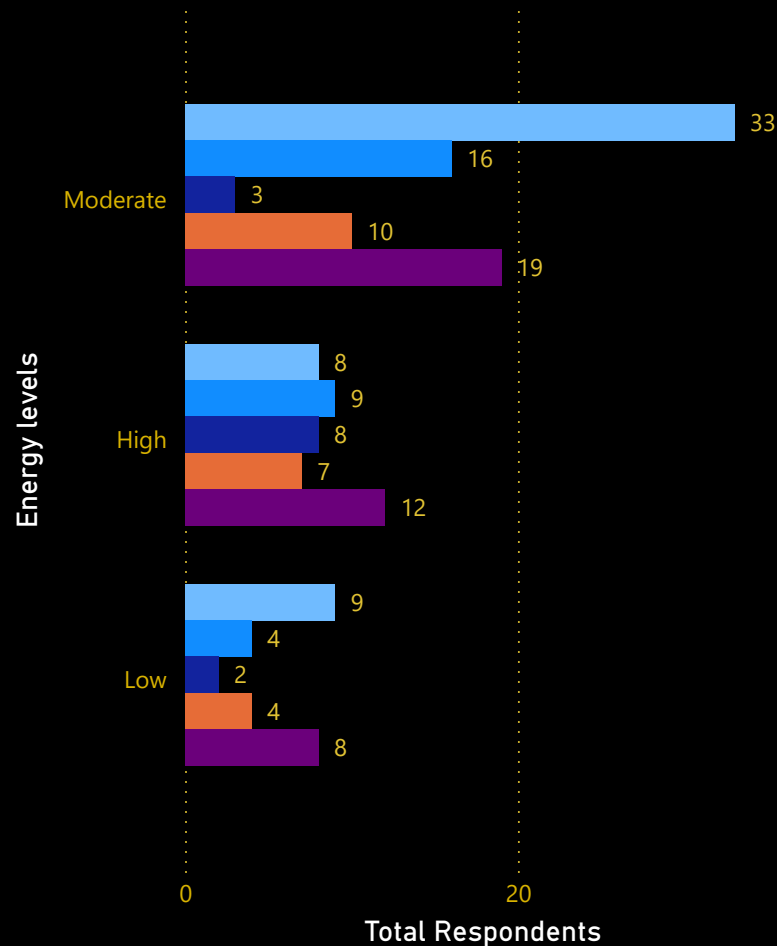**Fast Food Ratio**
81,82%

Gender
Tout

Foods type consumming times
Tout

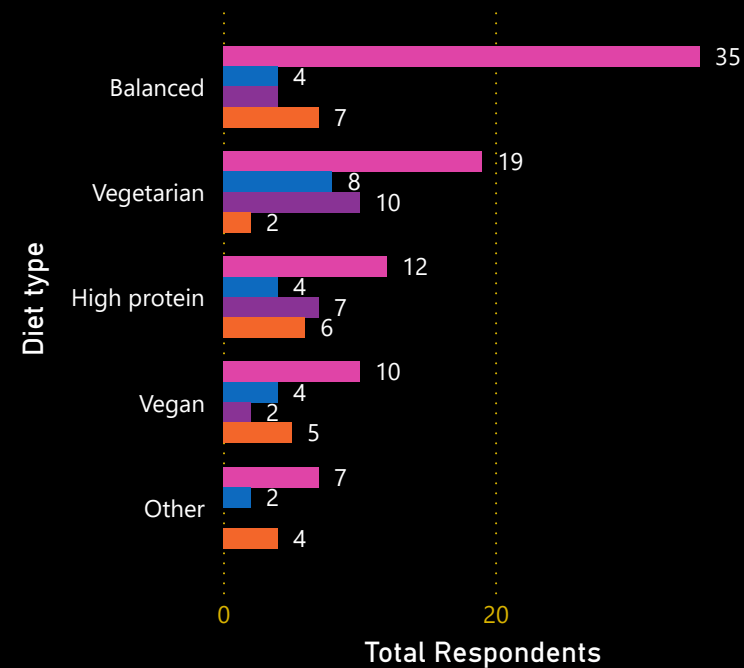## Total Respondents by energy levels feedbacks and Diet type

**levels** ● Balanced ● High protein ● Other ● Vegan ● Vegetarian

Energy levels / Total Respondents

Moderate
- 33
- 16
- 3
- 10
- 19

High
- 8
- 9
- 8
- 7
- 12

Low
- 9
- 4
- 2
- 4
- 8

Fast Food Ratio et Avg Fruit & Veg by city

36,36%
Objectif: 24 (-98.48 %)

Total Respondents by Diet type and City

Diet type / Total Respondents

Balanced
- 35
- 4
- 7

Vegetarian
- 19
- 8
- 10
- 2

High protein
- 12
- 4
- 7
- 6

Vegan
- 10
- 4
- 2
- 5

Other
- 7
- 2
- 4

Total Respondents by Daily number of servings and City

Daily number of servings / Total Respondents

1-2 servings
- 42
- 13
- 11

3-4 servings
- 29
- 6
- 10

5+ servings
- 6
- 2

None
- 6
- 1
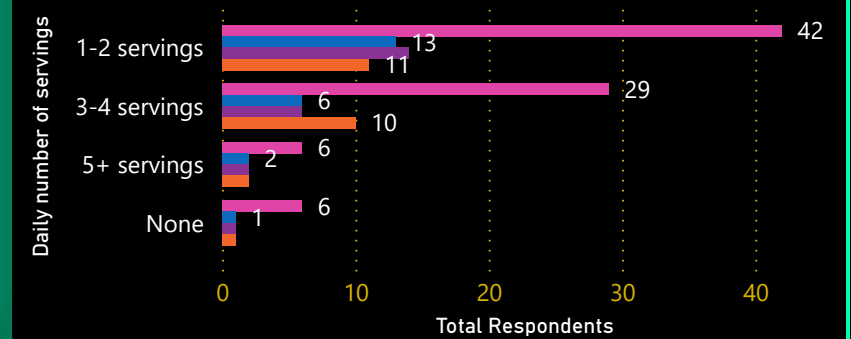
Total Respondents by foods type consuming times and city

Total Respondents / Foods type consuming times

1-2 times per week: 35, 13, 9, 7

Rarely: 27, 3, 3, 11

3-4 times per week: 16, 5, 11, 4

Almost daily: 5, 1, 2
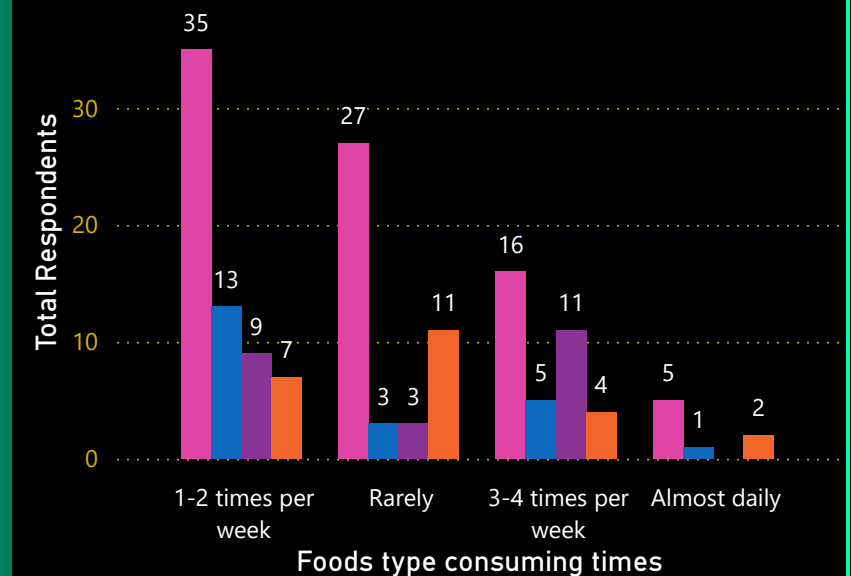
DE3
Health and Lifestyle Survey

Sleep Quality %
0,19

Age
Tout

Gender
Tout

city
Tout

Day
Tout

Avg Sleep Hours by Energy levels and Age

Age ● 18-25 ● 26-35 ● 36-45 ● 46-55 ● 56+

Daily energy levels / Avg Sleep Hours

Moderate
- 41
- 16
- 12
- 7
- 5

High
- 14
- 11
- 10
- 8
- 1

Low
- 13
- 5
- 1
- 6
- 2

(axis: 0, 20, 40)
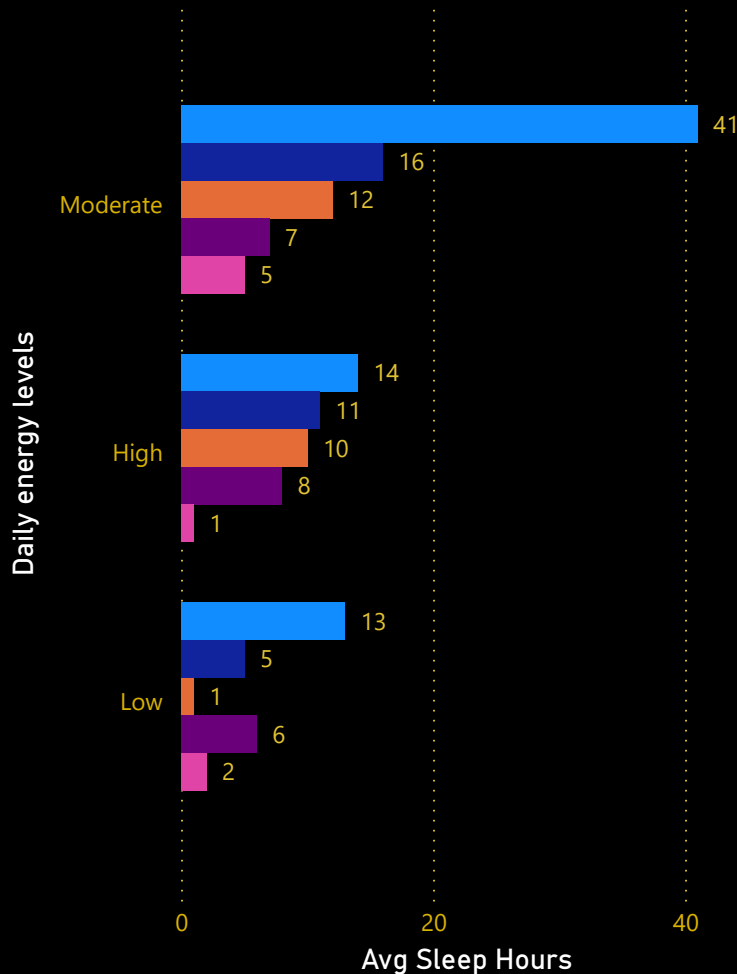
Mood Distribution by Gender

- 3 (18,75%)
- 7 (43,75%)
- 6 (37,5%)

How many days per week do you exercise?
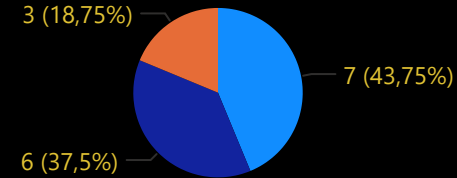
How many days per week do you exercise?	High	Low	Moderate	Total
0-1 days	4	7	12	23
2-3 days	13	13	36	62
4-5 days	18	4	27	49
6+ days	9	3	6	18
Total	**44**	**27**	**81**	**152**

Sleep quality by Age and Gender

Gender ● Female ● Male ● Prefer not to say

Sleep quality (axis 0, 50)
- 42, 21, 18, 15, 14, 3
- 5, 2, 12, 7, 4, 1
- 1

Age: 18-25, 26-35, 36-45, 46-55, 56+
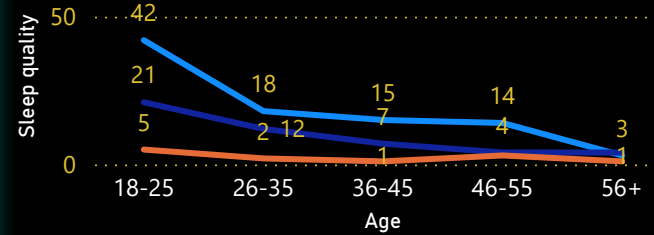
Exercise type by Energy levels

Energy levels / Exercise type number

- Moderate: 81
- High: 44
- Low: 27

(axis: 0, 50)

Sleep quality by Mood level and Exercise type

Exercise ● Cardio (e.g., running, cycli... ● Mixed (Combinatio... ● Other ● Strength Trainin... ● Yoga / Pilates

Sleep quality (axis 0, 10, 20) / Mood level feedback

Average: 11, 16, 7, 17, 7
Good: 8, 16, 11, 13, 10
Poor: 6, 2, 2, 6, 4
Excellent: 1, 4, 1, 5, 5

Occupation

- ☐ Architect
- ☐ assistant
- ☐ chef
- ☐ doctor
- ☐ Elève ingénieur
- ☐ Engineer
- ☐ Freelance
- ☐ ingineer
- ☐ Manager
- ☐ mom
- ☐ Nurse
- ☐ Phd student
- ☐ polis man