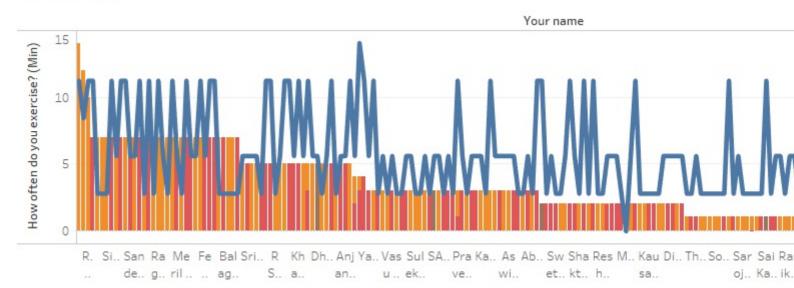
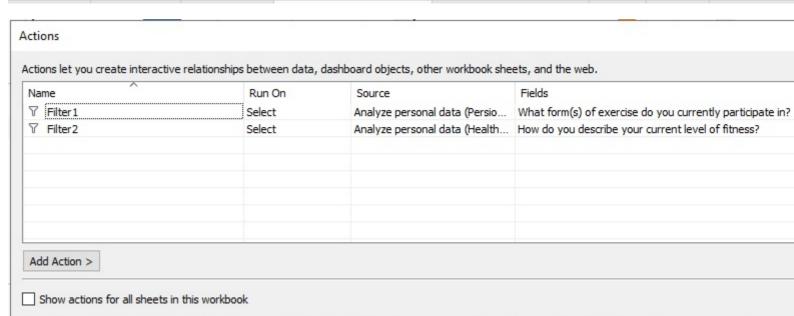


habit exercise







Lọc

Code bảng purpose lọc từ bảng What motivate:

if CONTAINS([What motivates you to exercise?], 'I want to be flexible') then "I want to be flexible" ELSEIF CONTAINS([What motivates you to exercise?], 'I want to relieve stress') then "I want to relieve stress"

ELSEIF CONTAINS([What motivates you to exercise?], 'I want to lose weight') then "I want to lose weight"

ELSEIF CONTAINS([What motivates you to exercise?], 'I want to achieve a sporting goal') then "I want to achieve a sporting goal"

ELSEIF CONTAINS([What motivates you to exercise?], 'I want to be fit') then "I want to be fit"

End

Code bảng fillter gym lọc từ What forms:

if CONTAINS([What form(s) of exercise do you currently participate in?], 'Gym') then "Gym" else "Other"

end

Code bảng cản trở chế độ ăn uống lọc từ What prevents you from eating a:

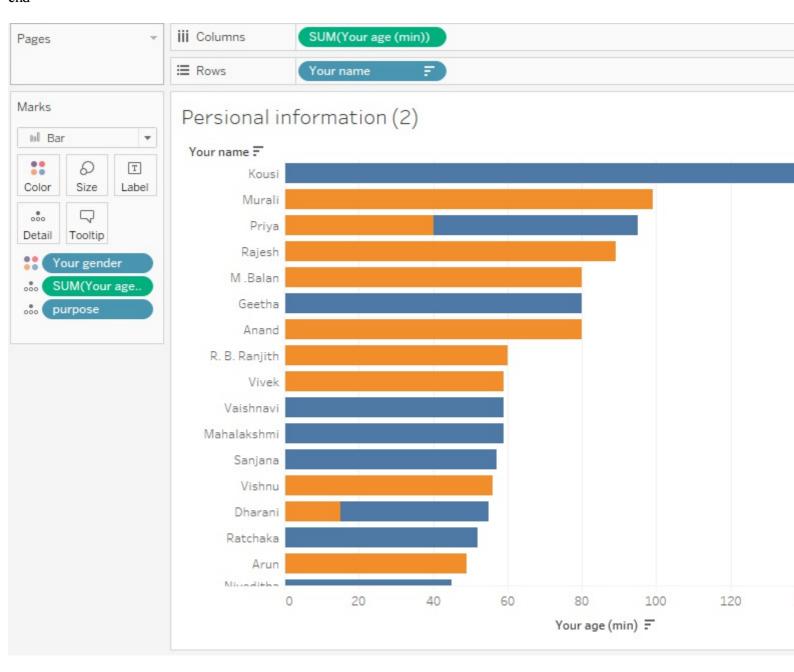
if CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Temptation and cravings') then 'Temptation and

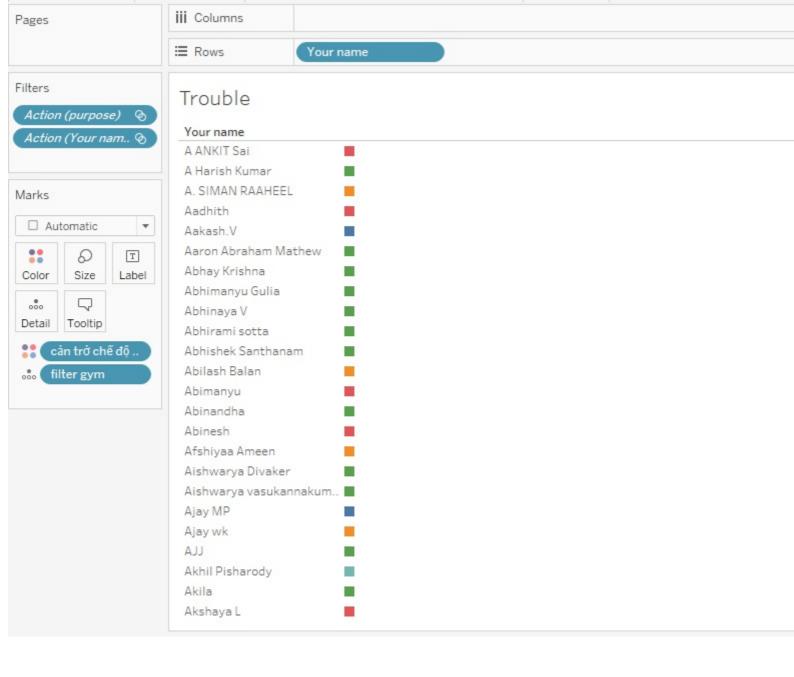
cravings" ELSEIF CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Ease of access to fast food') then "Ease of access to fast food"

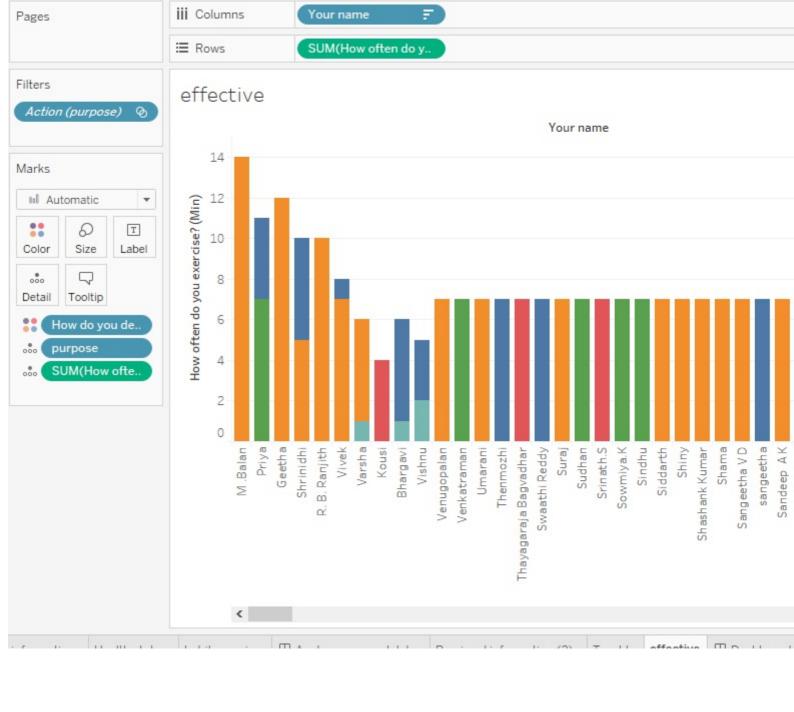
ELSEIF CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Cost') then "Cost"

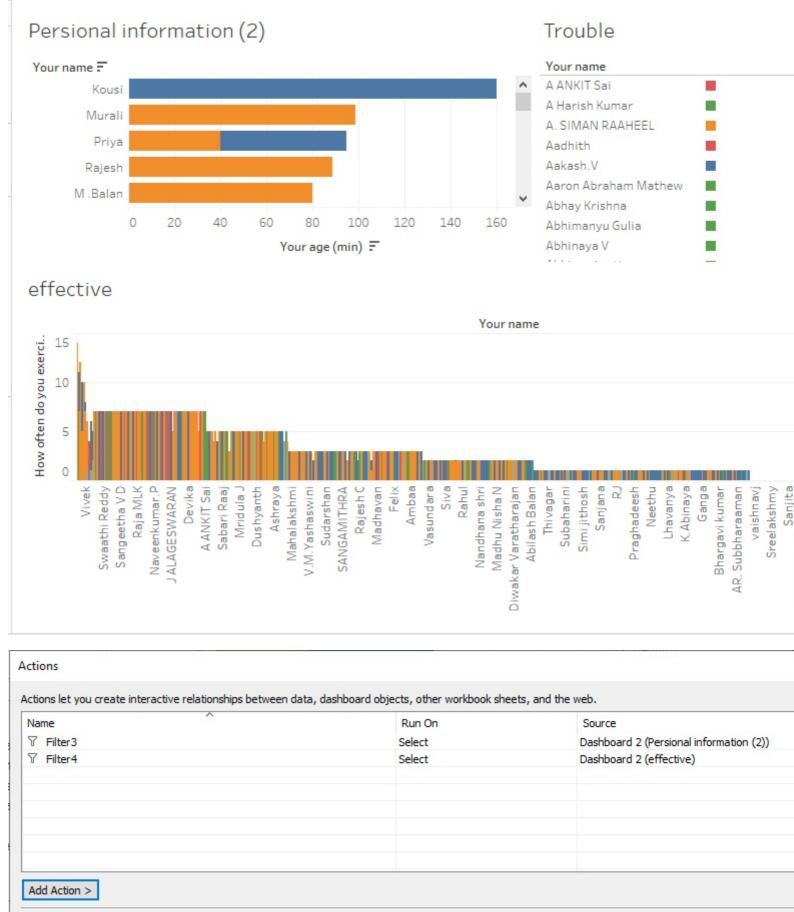
ELSEIF CONTAINS([What prevents you from eating a healthy balanced diet, If any?], 'Lack of time' lese "other"

end









Show actions for all sheets in this workbook

