

Member fitness survey results

Gym, class or group

Date

Number of answers

Tally how many members ticked each box. Percent agree = (number of 4s + number of 5s) divided by the total, times 100.

STATEMENT	1	2	3	4	5	TOTAL	% AGREE
1. Exercise is a fixed part of my week.							
2. I enjoy most of my workouts.							
3. I know what to do when I start a workout.							
4. I can see progress toward my goal.							
5. I can fit my workouts into a busy week.							
6. People around me encourage me to exercise.							

In a usual week, on how many days do you exercise

NONE	1 DAY	2 DAYS	3 OR 4 DAYS	5 OR MORE

Strengths

The two statements with the highest percent agree.

Two things to work on

The two statements with the lowest percent agree.

What the open answers say

Sort the comments into three or four themes.

You said, we will

What members said, and what changes on the gym floor because of it.
