

Lifestyle survey results

Group or program _____

Date _____

Number of answers _____

Tally how many adults 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. Most mornings I wake up feeling rested.							
2. I eat my meals at fairly regular times.							
3. When stress builds up, I have ways to calm down that work for me.							
4. Most weeks I make time for things I enjoy.							
5. There are people I can count on when I need help.							

In the past 7 days, on how many days were you active enough to breathe harder for 30 minutes or more

NONE	1 OR 2 DAYS	3 OR 4 DAYS	5 OR 6 DAYS	EVERY DAY

Strengths

The two statements with the highest percent agree.

Habits to start with

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 the group will try next, and when you will ask again.
